



# Athenian Weekly



Athenian Promise: I will embrace the concept of a civil community which does not tolerate violence, theft, bigotry, or harassment of others in any form. (1 out of 6)

Volume 1, Issue No. 4

Monday, August 25, 2014

Published by the Student Affairs Office



**Freshmen Convocation**  
Tuesday 8/26 1pm  
Hannon Theatre



**Floor Meeting**  
Monday 8/25 9:30pm  
Residence Halls



**Laughs on the Lawn**  
Thursday 8/28 6 pm  
The Circle



**Game Day at the Student Lounge**  
Thursday 8/28 9am-5 pm  
The Student Lounge



**Commuter Registration**  
Monday 8/25 9am-3pm  
Administration Lawn



**O-Group Reunion**  
Tuesday 8/26  
5:30-7:30pm  
The Circle



**Commuter Retreat**  
Sunday 8/24 8am-1pm  
Campus Center



**Welcome Mass**  
Sunday 8/24 7pm  
The Chapel



**Take a Trip With the MSMC Stop-Trans**  
Sunday 8/31 to Monday 9/1



**Fresh Baked Cookies**  
Monday 8/25 2pm  
Humanities 105

**Become a commuter**

**Explore the city**



**Athenian Cafe**  
Friday 8/29 4pm-5:30pm  
The Cafeteria



**Student Involvement Fair**  
Thursday 9/4  
12pm-2pm  
The Circle

**Become a resident**



**Movie Night**  
Saturday 8/30  
7pm-9pm  
Brady 1st Lounge



**Athenian Spirit Rally**  
Wednesday 8/27  
12pm-2pm  
The Circle

**Imagine the Possibilities**





# Mount in the City Presents Los Angeles Dodgers vs. Arizona

Must Register With MSMC I.D.

& All You Can  
\$10 refundable deposit re- Eat Section!!!

## Dodger Stadium

Friday, September 5, 2014 @  
Sign-ups begin first week of school in

Student Programming & Commuter Services | H200A | 310.954.4120 |

studentprogramming@msmc.la.edu

#MIT

## Work Study Students

Would you like to add these to your resume?  
Communication • Negotiation • Overcoming Objections • Networking  
Become a Phonathon Representative!



Earn between \$9.25 to \$11.25 an hour,  
**PLUS** the chance to win nightly prizes.  
Apply TODAY on the **Mount Career Network!**  
**Questions ?** Contact Christina Quezada  
cquezada@msmc.la.edu  
310.954.4205

## Mobile App Just Released!

Available August 25, 2014 is the Phase 1 version of the Mobile App.

**TO LOAD THE MSMC MOBILE APP ON YOUR MOBILE DEVICE, PLEASE FOLLOW THESE STEPS:**

**Android Device (Galaxy)** – Go to Google Play Store, search for “MSMC,” select Ellucian Go (free app) and select Mount St. Mary’s College (after first selection, the app will automatically load the MSMC Mobile App without re-selection).

**IOS Device (iPhone)** -- Go to App Store, search for “MSMC”, select Ellucian Go (free app), and select Mount St. Mary’s College (after first selection, the app will automatically load the MSMC Mobile App without re-selection).

From your mobile device, you will be able to use the following features:

- |                                  |   |
|----------------------------------|---|
| ⇒ Access Grades                  | ⇒ Campus Maps (Chalon and Doheny)                             |
| ⇒ View Courses & Course Schedule | ⇒ Important Numbers   |
| ⇒ View Notifications             | ⇒ Social Media Access (Facebook, Twitter, Instagram, YouTube) |
| ⇒ Event Calendar                 | ⇒ Shuttle Schedule  |
| ⇒ News                           | ⇒ About MSMC  |
| ⇒ Academic Calendar              | ⇒ Dining (daily menus by Campus)                              |

Log into the Mobile App by using your Mount Credentials (user name and password).

\*You will not need to add STUDENT\\*

Phase 2 of the Mobile App will be released **January 2015** and may include additional features such as Registration.

**Join in and be an Early Adopter!**

## COMMUTER REGISTRATION

### Locker Registration:

Lockers are first come, first serve and proof of lock must be shown at this time.

Receive commuter semester sticker and student handbook.

**Must have student ID**



Sponsored by:

Student Programming & Commuter Services

H200A • (310) 954 - 4120  
StudentProgramming@msmc.la.edu

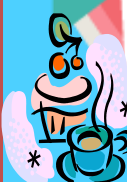
## Language and Culture Department Arabic Calligraphy & Language Arabic 1 Tues/Thurs @9:40am



For the first time, MSMC will be offering Elementary Arabic, taught by Dr. Muhammad Habib, a native of Egypt. Arabic can provide insight into Middle Eastern culture, politics, religion, and society. In addition to language, students will also be introduced to Arab culture and society through a range of multimedia materials.

Contact instructor for more info: [habib12003@gmail.com](mailto:habib12003@gmail.com)

Join the fun at the first  
**Global Athenian Café!**  
Friday, August 29th  
from 4:00 pm to 5:30 pm  
in the Cafeteria



We will have a photo booth, board games,  
Wii challenges, raffles, free coffee, and pastries.

Please bring your student ID and be ready to have some fun!



# ORIENTATION 2014 Career Services & Internships



## WELCOME ATHENIANS!

Career Services & Internships supports you in feeling confident about your major and career path throughout college and beyond! With a variety of services and programs, We offer guidance in developing YOU as a strong and successful professional!



## What resources does your department offer?

- ◆ Career and Exploration
- ◆ Mock Interviews
- ◆ Jobs & Internship Search
- ◆ Networking & Career Advice
- ◆ Graduate School Support
- ◆ Career Assessments
- ◆ Resumes & Cover Letter
- ◆ Workshops, Fairs, & Panels

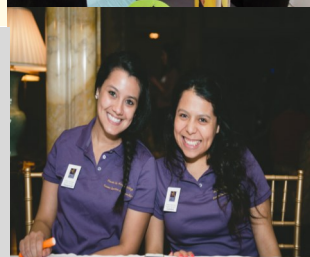
## How do I make an appointment?

**Marlene Simon-Director**  
msimon@msmc.la.edu  
(310) 954-4135  
Visit our Office!  
Humanities 401  
Monday-Friday  
(310) 954-4410  
8:00 AM-4:30PM

**Marcy Newman-Assst. Director**  
mnewman@msmc.la.edu  
(310) 954-4136

GET CONNECTED. GET HIRED.

LinkedIn.com: Mount St. Mary's College:  
Students & Alumnae  
MountCareerNetwork.com  
Facebook.com/HireAthenians



## Residence Life: Searching for Leaders

## WE'RE HIRING

Residence Life is looking for positive, enthusiastic, and energetic students who are interested in joining our team as Community Assistants or Community Programmers.

### What is a Community Assistant? (Must live on campus)

CAs are the friendly faces you see working at the Residence Desk after regular business hours.

### What is a Community Programmer?

CPs are a new addition to our staff. They are experienced Residence Life student staff members who will be doing large scale programs, Town Hall meetings, and educating students through informational boards within residence halls.

**Stop by the Residence Life Office from 8:00am- 4:30pm Monday through Friday to pick up an application.**

Return all completed applications to Shereen Bourne by August 29th, 2014 4:00pm. Her box is located in the Residence Life Office.

### Interested in Volunteering in the Los Angeles Community?

**Want to find out more about service opportunities?**

**Looking to make a difference in the lives of others?**

**Need a Service Learning site?**

## Visit Community Engagement!

Community Engagement has an office at Chalon! Make an appointment to stop by and find out about the many ways you can give back and make a difference. Learn about our Community Partners or inquire about new or ongoing service opportunities.

**However you want to get involved in our greater Los Angeles community, we can help!**

### Location:

Brady, Ground Floor, near Mail Services

### Hours:

Monday: 7:00 a.m. – 3:00 p.m.

Tuesday: 7:00 a.m. – 3:00 p.m.

Wednesday: By Appointment

Thursday: By Appointment

Friday: closed

Welcome Back  
Athenians!

Last day to add/drop  
classes

Tuesday, September  
2<sup>nd</sup>



Attention  
All Freshmen!



All sections of SPR 85  
Introduction to College Studies  
will meet in **Hannon Theater**  
On Tuesday, 8/26 at 1 PM



## Student Affairs Office is Now hiring for

**FALL 2014 !!**  
We are offering positions for the  
"Student Affairs Office Assistant"

Duties Include:

- ⇒ **Organizing the Office**
- ⇒ **Answering Phone calls , Taking messages, transferring calls**
- ⇒ **Assisting with the Athenian Weekly**
- ⇒ **Provide Professional, Remarkable Service**

Student must be awarded Work Study

Work Study hours available from 8 am to 4:30pm,  
Monday to Friday

**Pick up your application today!!**

Applications available at:  
Student Affairs H200 (8 am-4:30 pm)  
Questions? Call us at 310-954-4130

### Campus Security Safety Tips

#### Week One: Know Your Campus

Become familiar with your surroundings as soon as possible. If you are a resident student, learn your Resident Hall evacuation routes immediately. If you are a commuter student, know where Campus Security is located. Mount St. Mary's College discloses information about violent crimes on campus. This information is available by visiting the Campus Security Portal page or by going to Student Affairs. Ask around to find out where the trouble spots are on campus and neighborhood. For more information on staying safe as well as helpful safety applications you can download directly to your smartphone or tablet, visit the Department of Campus Security portal page located under the Campus Resources tab. Have a safe and secure school year.

Brought to you by: Department of Campus Security



**WELLNESS....**

**THE MOUNT WAY!**

Be on the lookout for our  
**Cookie Truck** at Chalon  
Thursday August 28<sup>th</sup>. We will be  
serving free cookies and milk  
somewhere on campus.

## Live On Campus Fall 2014!

Forget about fighting traffic everyday and live in a fun, inviting, and supportive community. Housing is available on a first come first served basis.

**Don't miss this opportunity!**

Contact the Residence Life Office at (310) 954-4325 or at [chalonresidence@msmc.la.edu](mailto:chalonresidence@msmc.la.edu) for more information.

## Student Lounge

Visit the new & improved student lounge  
this semester for some fun!

### Sample of Weekly Events

#### Bingo / Loteria Day

There will be a game of Bingo & Loteria played weekly.

A lucky winner from each game will win a prize.

#### Movie Screening

Every Thursday there will be two movie showings.

Come relax and hang out with friends.

#### Arcade Games

Join in on the fun by using one of the three arcade games and show off your skills.

#### Wii

Need a break and want to have some fun? The Wii is available for your enjoyment!

#### Board Games

Grab a friend or two and come check out some of our board games such as, Jenga, UNO, Checkers, Connect 4, & many more!

#### Foosball & Hockey Table

Challenge a friend! You have the choice of the foosball or Hockey table. Start Scoring!

Check out items at the Service Desk

(see calendar posted outside the Student Lounge for details)

For More Information, Please Contact Student Affairs Office at:  
310-954-4130

## Weekend Events

**Friday 08/29**



**Come to The Athenian Café**

And enjoy free coffee/pastries from

**4-5:30pm by the Coffee Bar!**



**Saturday 08/30**

**Movie Night**

13.  
going  
on 30

**7pm, Brady 1st Lounge**

**Sunday 08/31**

**Join us for Mass!**

**@ 7pm, The Chapel**

**Like to sing? Or play an instrument?**

Join the choir for Mass, with practices Sunday at 5:45pm. Contact Laura Gomez, Music Director, at 310.954.4124 or [lgomez@msmc.la.edu](mailto:lgomez@msmc.la.edu).

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed! Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmc.la.edu](mailto:athenianweekly@msmc.la.edu)





# Athenian Weekly



Athenian Promise: I will commit myself to the pursuit of knowledge with personal integrity and academic honesty. (2 out of 6)

Volume 1, Issue No. 5

Monday, September 1, 2014

Published by the Student Affairs Office



## Are you interested in Marketing or Graphic Design?



Look for the MSMC American Advertising Federation ADthenians @ The Student Involvement Fair!

**September 4, 2014 / 12-3PM**

Learn Comprehensive Advertising and Networking Skills.  
All Majors Welcome!

\*Can't make it to the fair? Join us for an information session with FREE pizza.

Where? **H402** When? **September 4, 2014 / 6-7PM**



## Campus Security Safety Tips

### Week Two: Crime Prevention

When leaving your car, room or resident hall, make sure that all doors and windows are locked – including the main building entry and exits. Do not prop open any exterior door to any Residence Hall as it creates a security hazard not only for you, but for every resident in that hall. Keep all of your valuables secure and in a safe place. That means don't leave laptops, jewelry, etc. out in the open for others to see. Lastly, never leave valuables out in the open in your vehicle. If possible, secure valuables in your trunk or take them with you.

***Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive***



### Learning Assistance Programs/ISAE

**H-207 Ext. 4144**

### **Peer Tutors Needed for ALL Courses!!**

If you have a minimum cumulative GPA of 3.0 and have received a B+ or better in a college class, then come to the Learning Center (H-207) to pick up a tutor application! Enjoy flexible hours, bi-weekly pay and best of all, a great experience to include on your resume!

**Stop by for more information!**

### **Fall Classes Already Stressing You Out????**

Come pick up a tutor request form at the Learning Center (H-207)! It is never too early to plan for YOUR success. Stop by for more information.

### **Students with Disability:**

Please see Michele Lewis, Director of Learning Assistance Programs, to arrange for academic accommodations.

*We are located in the Learning Center Humanities-207.*

***Freshmen! !! Want somewhere you can always go for information Someone you can always access for questions?***

*Want to be able to attend great cultural entertainment events and leadership events like an opera, Wicked, or the Latino History Conference? If you are a first generation college student or have a Pell Grant in your financial aid package, you might qualify for the ISAE program and have all this available to you and more! Not sure if you qualify? Either way, stop by the Learning Center, H-207 to pick up an application. Hurry in! Space in the program is limited!*

### **Attention ISAE Students:**

Join us on Sunday, September 28th for one of opera's greatest romances, *La Traviata*. In the giddy, glitzy world of the Roaring Twenties, a naive young man falls head over heels for a glamorous party girl. Together they trade the fast life for an idyllic love nest far from the city...until an unexpected visitor threatens to tear them apart. Sign Ups begin Monday, September 8th at 9:00am. Don't forget your \$20 refundable deposit.

### **ATTENTION New Transfer Students!**

Remember, you only have one semester to contest your Transfer Credit Evaluation. For more information visit us on MyMSMC Portal or stop by during posted drop-in hours.





YOU'RE INVITED TO ACADEMIC ADVISEMENT &amp; CAREER SERVICES'

# OPEN HOUSE!

**WEDNESDAY, SEPTEMBER 3, 2014****10:00 AM - 3:00 PM • HUMANITIES 401****CAREER SERVICES**RESUME REVIEW • JOB & INTERNSHIP SEARCH • INTERVIEW SKILLS • COVER LETTER REVIEW  
MOUNT CAREER NETWORK • WORKSHOPS • INFO SESSIONS • ETIQUETTE DINNER • GRAD SCHOOL**STOP BY TO LEARN HOW WE CAN SUPPORT YOU!****ACADEMIC ADVISEMENT**ACADEMIC PLANNING & GUIDANCE • MAJOR & MINOR EXPLORATION • TRANSFER CREDIT RESOURCES  
GENERAL STUDIES INFORMATION • DAILY DROP-IN HOURS • ACADEMIC POLICY & REQUIREMENT CLARIFICATION

## Do you speak Spanglish?

COME CHAT WITH US & OTHER LATINAS  
AT CHALON CAMPUS  
ON TUESDAYS  
**JOIN SPANGLISH GRUPO PARA MUJERES LATINAS IF:**

- ⇒ YOU ARE LATINA OR OF MULTI-ETHNIC LATIN DESCENT
  - ⇒ YOU WANT TO CONNECT WITH OTHER LATINAS ON CAMPUS IN A FUN AND SAFE PLACE
- YOU CAN SPEAK ENGLISH, SPANISH, OR SPANGLISH COMO TU QUIERAS!!!!**

**Sign up by contacting:**

Erika Ramos, Psy. PhD

(310) 954- 4114

Kristina Rodriguez, M.S

(310) 954-4115

Sponsored by Counseling  
&  
Psychological Services

## SING AT THE MOUNT

Any Mount student can join a choir for credit or as an extracurricular activity.  
Regardless of your background or level of experience, we have a choir for you!To join a choir, or for more information please contact  
Dr. Therese Fassnacht, music department chair  
tfassnacht@msmc.la.edu

## STUDY AWAY & INTERNATIONAL INTERNSHIP FAIR

**THURSDAY, SEPTEMBER 11<sup>TH</sup>, 2014**  
**THE CIRCLE (CHALON) • 11:30 AM - 2:30 PM**



All are welcome to...

## MASS OF THE HOLY SPIRIT

**Doheny**

Thursday, Sept. 18

11:30 AM

Adjacent to the Gazebo

**Chalon**

Tuesday, Sept. 23

11:30 AM

Mary Chapel

DOHENY CLASSES WILL  
BE CANCELED BETWEEN  
11:30 AM AND 1:50 PM  
SO ALL CAN ATTEND

CHALON CLASSES WILL  
BE CANCELED BETWEEN  
11:30 AM AND 1:50 PM  
SO ALL CAN ATTEND

*President McElaney-Johnson invites you  
to a lunch reception immediately following each Mass*

JOIN THE  
ENTIRE MOUNT  
COMMUNITY  
AND WEAR  
RED!

## Check Out Our New Advisement Page!

Just log onto MyMSMC and click on Academic Advisement under  
Academics tab

### Fall Office Hours:

**Monday – Thursday 7:30am – 4:30pm**

**Friday 7:30am – 4:00pm**

### Fall 2014 DROP-IN HOURS:

Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHALON	10:00am – 11:00am  1:00pm– 2:00pm	10:00am – 11:00am  1:00pm– 2:00pm	10:00am – 11:00am  1:00pm– 2:00pm	10:00am – 11:00am  1:00pm– 2:00pm	10:00am– 11:00am  1:00pm– 2:00pm

Academic Advisement

310-954-4070/H401

[advisement@msmc.la.edu](mailto:advisement@msmc.la.edu)

Visit us on the **MSMC Portal**>

**Academic Advisement!**

## Done with Summer School?

**If you took summer school courses at a local community college, be sure to:**

1. Follow the articulation agreement found under the Transfer Credit Tab on the Academic Advisement Portal website.
2. Complete and turn in a Transfer of Credit Clearance Form. Transfer of Credit Clearance Forms are located in the Academic Advisement Center.
3. Have your official transcripts from the college that you took summer class mailed directly to the Mount. Until the official transcripts are received, the course cannot be added to your record.
4. Contact Academic Advisement at x4070 with any transfer course questions.

## Work Study Students

*Would you like to add these to your resume?*

- Communication • Negotiation • Overcoming Objections
- Networking

### Become a Phonathon Representative!

Earn between \$9.25 to \$11.25 an hour, **PLUS** the chance to win nightly prizes.



Apply TODAY on the

**Mount Career Network!**

**Questions ?** Contact  
Christina Quezada  
[cquezada@msmc.la.edu](mailto:cquezada@msmc.la.edu) |  
310.954.4205

Brought to you by the department of Annual Giving

## Welcome Back Athenians!

**Last day to add/drop  
classes:**

**Tuesday, September 2<sup>nd</sup>**



**WELLNESS....**

**THE MOUNT WAY!**

## ATTENTION STUDENT'S AWARDED WORK STUDY for FALL 2014!

**Dept. of Campus Security & Residence  
Life Office** is offering the dual position of

**"Student Safety Mentor/Resident Community Safety  
Advocate"**

This unique position offers 20% off Room and Board fees as well as Work Study, the ability to create new and exciting student programs focused on issues directly effecting women within higher education and assist in projects that promote safety for the Community. This candidate will also work with both Residence Life Office and Dept. of Campus Security.

### Duties Include:

1. Work closely with Residence Life Office and Dept. of Campus Security.
2. Weekly safety checks of the residence halls and outside perimeter of residence halls as directed by Campus Security and Residence Life.
3. Assist with all campus wide emergency drills.
4. Research and Develop programs focused on women's safety.
5. Design and create decorations
6. Promote programming
7. Assist with special events

### Applications are available at:

Residence Life (8am-4pm) or  
Campus Security-Circle (10am-4pm)

**Questions?** Call (310) 954 - 4325 or (310) 954 - 4007

### Applications due:

Friday, August 29th at 4:30pm to  
Chinako Belanger, Acting Director of Residence Life  
1st Floor Brady

## MAKE MUSIC AT THE MOUNT

The Mount Orchestra is open to any Mount student, faculty, or staff member as well as the larger college community.



To join an orchestral ensemble, or for more information  
please contact Chet Swiatkowski  
[cswiatkowski@msmc.la.edu](mailto:cswiatkowski@msmc.la.edu)

## Attention Freshmen!

Did you take college level courses while in High School? It is important to have your transcripts sent to the Mount so that your courses can be reviewed for possible credit towards your degree. Please send your transcripts directly from the High School you attended to the Mount. Hand-delivered transcripts are not considered official.

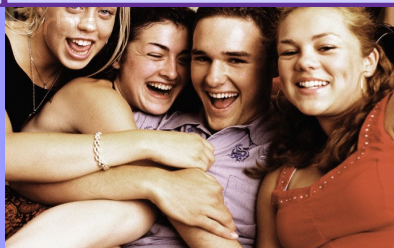
## Weekend Events

**Friday 09/05**

Come to the  
Athenian Café and  
enjoy Fresh coffee!



**Saturday 09/06**



**Sunday 09/07**

**Join us at the student  
lounge for some fun!**

**Open at 3pm-9pm  
Saturday and Sunday**

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!  
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# Athenian Weekly



Athenian Promise: I will respect the sanctity of the learning environment and avoid disruptive and deceitful behavior toward the other members of the college community. (3 out of 6)

Volume 1, Issue No. 6

Monday, September 8, 2014

Published by the Student Affairs Office



## Performers Wanted!!!

**CALLING ALL SINGERS, DANCERS, ACTORS, POETS, COMEDIANS, MAGICIANS, VENTRILOQUISTS, ETC**

Start the year off right! Give us a performance we won't forget! **Wednesday, September 17**

**7:30 – 8:30 PM @ Campus Center Plaza Interested?**

Email [StudentProgramming@msmc.la.edu](mailto:StudentProgramming@msmc.la.edu)

**Sign ups** are now extended to Wednesday September 10 by 12 pm

Sponsored by Student Programming & Commuter Services • H200A • (310) 954 - 4120

## Work Study Students

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310.954.4205



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## Learning Assistance Programs/ISAE

**Stop by H-207 or call Ext. 4144 for more information!**

### **Peer Tutors Needed for ALL Courses!!**

If you have a minimum cumulative GPA of 3.0 and have received a B+ or better in a college class, then come to the Learning Center to pick up a tutor application!

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### **Fall Classes Already Stressing You Out?!?!?**

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### **Students with Disability:**

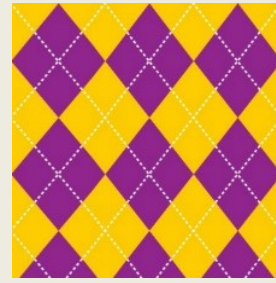
Please see Michele Lewis, Director of Learning Assistance Programs, to arrange for academic accommodations.

**FRESHMAN!!!** Want somewhere you can always go for information? Someone you can always access for questions? Want to be able to attend great cultural enrichment events and leadership events like an opera, Wicked, or the Latino History Conference? If you are a first generation college student or have a Pell Grant in your financial aid package, you might qualify for the ISAE program and have all this available to you and more! Not sure if you qualify? Either way, stop by, but hurry spaces are limited in the program!

### **Attention ISAE Students:**

Join us on Sunday, September 28th for one of opera's greatest romances, *La Traviata*. In the giddy, glitzy world of the Roaring Twenties, a naive young man falls head over heels for a glamorous party girl. Together they trade the fast life for an idyllic love nest far from the city... until an unexpected visitor threatens to tear them apart.

**Sign Ups begin Monday, September 8th at 9:00am. Don't forget your \$20 refundable deposit.**



## **WELLNESS.... THE MOUNT WAY!**



**Resumes, Cover Letters & References, oh my!**

*A workshop for students looking to get a foot in the door*

### **EMPLOYER PRESENTER:**



### **ERICA EDDINGS**

Regional Recruitment  
Manager  
West Coast City Year Los  
Angeles

City Year is an education-focused, nonprofit organization founded in 1988 that partners with public schools and teachers to help keep students in school and on track to succeed.

*To learn more visit:  
[cityyear.org](http://cityyear.org)*

**Does your resume need a facelift?**

**Are you unclear about a cover letter? Do you know who to ask to be a reference?**

This hands-on workshop will offer you tips for creating or updating your resume, crafting a cover letter and requesting professional references!

You'll receive real & relevant advice from an EMPLOYER!

**Option: You may bring a copy of your resume or cover letter**

**Thursday, Sept. 18th, 1-2 p.m.**

**Brought to you by:  
CAREER SERVICES &  
INTERNSHIPS**

**Humanities 401 | 310.954.4410**

# Mount's Got Talent

**When: September 17, 2014**

**Where: Campus Center Plaza**

**Time: 7:30 - 8:30 p.m.**

**Come find out the hidden talents of your very own Athenians.  
Special one night only performances just for you!**



**Free  
Admission,  
Refreshments,  
Candy Bar &  
Raffle Prizes**

\*Must show MSMC ID\*  
\*Limited supply\*







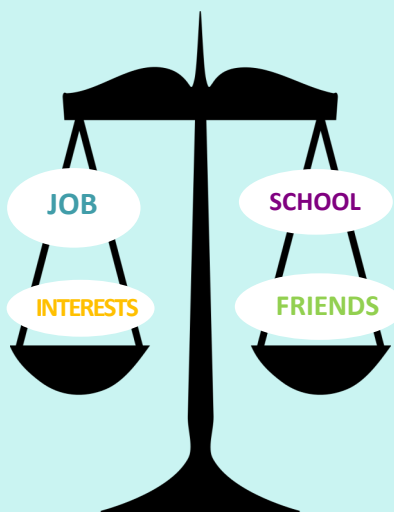
Join Student Programming!

**Commuter Welcome Social**

Tuesday September 9, 2014  
12:30PM-2:00PM  
@ The Circle

Student Programming & Commuter Services H200A (310)954-4120 studentprogramming@msmc.la.edu

## SEPTEMBER A Healthy Balance



THESE SIMPLE  
THINGS CAN HELP  
YOU ACHIEVE

- Make time for your friends, but make sure they are positive influences
- If you work, really commit to the job and your employer, it will pay off in the future
- Pursue your present interest and try to discover new ones along the way

**WELLNESS.... The Mount Way!**



FOR MORE INFORMATION  
(310) 954-4110 / (213) 477-2685

## Campus Security Safety Tips Week Three: Protecting Yourself

Be aware of your surroundings. Know where you are, where you are going and what is going on around you. Walk with confidence. Tell someone where you are going and when you expect to return. At night, travel in well-lighted areas. Walk close to the curb, facing oncoming traffic. Do not go to the ATM at night. If possible travel with another person or in a group. Trust your intuition, if something feels wrong, something is probably wrong. Remember your safety is always first. See something say something! Report all incidents to Campus security. Have Campus Security numbers programmed on your phone: **Chalon (310) 954-4123, Doheny (213) 477-2502** Visit the Campus Security page on the portal and get safety tips, emergency apps to download on your phone and sign up for Alert.



Safety Tips are brought to you by the Dept. of  
Campus Security. Stay Informed, Stay Alive



## Well hello there!

Wellet's a handy little app that serves up chunks of advice about healthy lifestyle choices that add up to big things like reducing illness, de-stressing, and staying lean, mean, and rested way into your 20s.



Sign up for wellet! Why? **PRIZES!**



You'll earn points by reading tidbits, taking quizzes and sharing your well-awesomeness, and you can get gift cards, school spirit stuff and other fun things in return.

**How? Sign up NOW!**

<http://www.wellet.com/msmc>

It's a private, personal and easy way to start the school year off right.



FOR MORE INFORMATION  
CALL

**STUDENT HEALTH SERVICES**

310-954-4110 / 213-477-2685

Wellness.... The Mount Way!





**MOUNT IN THE CITY PRESENTS**  
ROBERT WISE  
Production  
**THE SOUND OF MUSIC**  
SING-A-Long  
RODGERS and HAMMERSTEIN'S  
Produced by TUDOR CITY  
COLOR BY OR LORE

Sign-ups begin 9/2/14  
Please bring MSMC ID  
&  
\$10 Refundable Deposit

**Hollywood Bowl**  
Saturday, September 20 @ 4:00pm

Student Programming and Commuter Services | H200A | 310.954.4120 | studentprogramming@msmc.la.edu | #MITC

# Chalon Students... Work at Doheny!



Positions still  
available!

**Come and work for the Student Affairs Office in  
Building 7 at Doheny!**

Two different workstudy positions available!

## Receptionist Position

**Duties Include:**  
Providing Professional,  
Remarkable Service  
Greeting Guests  
Answering the Phones  
Assist and provide  
information to guests

## Student Assistant Position

**Duties Include:**  
Providing Professional,  
Remarkable Service  
Answering the Phones  
Clerical Work  
Organizing the Office and Events  
Creating Informational Displays

Please contact Valerie Bonilla for more information at (213) 477-2821,  
VLBonilla@msmc.la.edu or come visit us in Building 7!

save the date

the **WELL** STUDENT HEALTH FAIR

09.24.14

SPONSORED BY

ENLIGHTEN  
ENERGIZE  
ENVISION  
EDUCATE

MSMC STUDENT  
HEALTH SERVICES

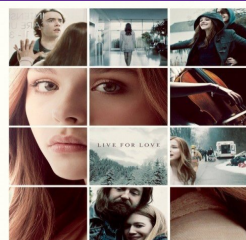
FOR MORE INFO CALL  
(310) 954-4110

## Weekend Events

Friday 09/12

Take the Stop  
Trans and watch  
a movie!

If I Stay



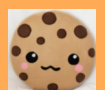
Saturday 09/13

While the heat is  
still up, take a trip  
to Venice Beach  
with some friends!



Sunday 09/14

Mass at 7 PM



Athenian Café  
4:00—5:30 PM  
@ Chalon Coffee Bar

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmc.la.edu





# Athenian Weekly



Athenian Promise: I will support a culture of diversity by respecting the rights of those who differ from me. (4 out of 6)

Volume 1, Issue No. 7

Monday, September 15, 2014

Published by the Student Affairs Office

## Student Lounge

### ATTENTION STUDENTS!



The Student Lounge will now be offering it's services on the weekends! Come join us and check out board games and meet new people!

Saturdays: 3:00 p.m. – 9:00 p.m.

Sundays: 3:00 p.m. - 9:00 p.m.



## Thursday Theater Presents:



**September 18**  
**Student Lounge** **12:30-2:30pm**  
**4:30-6:30pm**

# HAIRSPRAY

Sponsored by Student Programming & Commuter Services • H200A •  
(310) 954 - 4120 • StudentProgramming@msmc.la.edu

save the date

the  
**WELL**  
**STUDENT**  
HEALTH FAIR

09.24.14



ENLIGHTEN  
ENERGIZE  
ENVISION  
EDUCATE  
EMPOWER

SPONSORED BY

MSMC STUDENT  
HEALTH SERVICES

FOR MORE INFO CALL  
(310) 954-4110

# STUDY AWAY

# APPLICATIONS

Deadline to Study Away  
for the Spring semester is:

Wednesday,  
October 1st, 2014





# Save the Day Be an RA!

RA Applications for the 2015 - 2016 academic year will be available starting **Monday, September 15** on the Residence Life Portal page.



All undergraduate students (commuters and residents) are welcome to apply.

Applications must be submitted no later than **Friday, October 3, 2014**

Being an RA is an amazing leadership opportunity. Candidates must be of sophomore status or above for 2015—2016 and have a GPA of 2.75 or above. We are looking for fun, creative, and responsible students to apply to be an RA.

*This position may cover up to 80% of your housing costs.*

**For more information, contact the Residence Life Office:**

**Chalon:** Brady 101, x4325, [chalonresidence@msmc.la.edu](mailto:chalonresidence@msmc.la.edu)

**Doheny:** Hannon 123, x2661, [dohenyresidence@msmc.la.edu](mailto:dohenyresidence@msmc.la.edu)



## Mount's Got Talent

**When:** September 17, 2014

**Where:** Campus Center Plaza

**Time:** 7:30 - 8:30 p.m.

Come find out the hidden talents of your very own Athenians.

Special one night only performances just for you!



Free Admission,  
Refreshments,  
Candy Bar &  
Raffle Prizes

\*Must show MSMC ID\*  
\*Limited supply\*



Sponsored by Student Programming & Commuter Services • H200A • (310) 954-4120 • [StudentProgramming@msmc.la.edu](mailto:StudentProgramming@msmc.la.edu)

# Lemonade & Fruit Stand!

Hosted by the AACW

Chocolate  
Dipped  
Fruit!

Peach and  
Strawberry  
Flavored  
Lemonade!

**Monday, September 15<sup>th</sup>**

**12-2PM @ Hannon Patio**



## DIVE IN

**When? September 18, 2014**

**Where? Fitness Center Pool**

**Time? 6:00 - 9:00 P.M.**

**Movie: 50 First Dates**

**Refreshments: Dole whip ice cream**

**Activities: Limbo and waffle-house making contest**

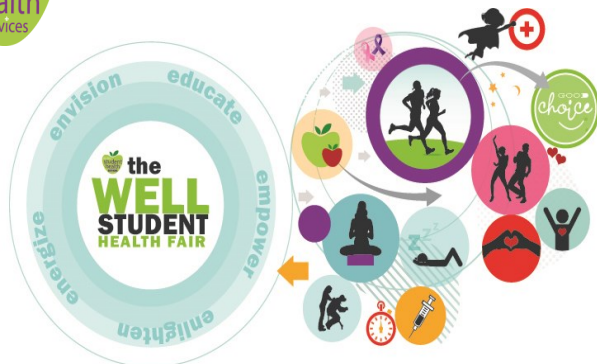




**MSMC STUDENT HEALTH SERVICES presents**



## Wellness... the Mount way!



**HEALTH INFO   FREEBIES   MASSAGE   PRIZES**

**REFRESHMENTS   FUN   MEET OUR TEAM**

**SEPTEMBER 24, 2014**

**WEDNESDAY 12 PM - 3 PM**

## CHALON CAMPUS ADMIN LAWN

**Great ideas to help begin your healthiest year!**

**FOR MORE INFO CONTACT  
STUDENT HEALTH SERVICES  
310-954-4110 or  
213-477-2685**



# ATA

## Acai Bowl / Apparel Sale



September 15th - 17th

11:30 am - 2:00 pm

## Administration Law

**Acai Bowls will be served only on September 15th**

**Apparel Sale will be held September 15th - September 17th**

Customink.com

**Preparing Women to Lead:  
MSMC Women's Leadership and  
the Public Leadership Education Network**

## 2014-2015 PLEN SEMINARS

## Women, Law, & Legal Advocacy Seminar

November 13 - 15, 2014

Applications Due: Friday, September 26, 2014

## Science & Health Policy: Critical Issues

January 5 - 8, 2014

Applications Due: Friday, November 7, 2014

**SCHOLARSHIPS AVAILABLE!!!**

PLEN offers the above seminars for female students from across the country to learn about the public policy process. Be inspired as you meet with today's foremost women leaders who will share their experiences and knowledge with you — the women leaders of tomorrow.

Open to Sophomores, Juniors and Seniors with a minimum cumulative GPA of 3.0 and a strong interest in public policy. All majors welcome!!!

Applications are now available online:  
<https://orgsync.com/54559/forms/113245>

For more information contact :  
Women's Leadership  
Chalon  
Leavey Commons Ground Floor  
(310) 954-4350

Doheny  
Building 11 - 2nd Floor  
(213) 477-2664

## Campus Security Safety Tips

### Week Four: Emergency Preparedness

How prepared are you in the event of a major emergency on campus? There's no warning when an emergency will happen and it's important to be prepared. Depending on the emergency there may be a time when staying on campus is the safer option. And having items such as an emergency kit can make all the difference during an emergency. Emergency kits can be purchased in many stores and will include items such as water, a flashlight, a blanket, food, a first aid kit, etc. But tailoring a kit to your specific needs is key. So if you have an emergency kit make sure you include items that will make you comfortable during an emergency. For a complete list of recommended items for your emergency kit, please visit the Dept. of Campus Security Portal page and click on the ready.gov link.



***Safety Tips are brought to you by the Dept. of Campus Security.***  
***Stay Informed, Stay Alive***



## Language Placement Exam

Fri, Sept. 26<sup>th</sup>      Tues, Nov. 18<sup>th</sup>  
2:00pm-3:00pm      8:15am-9:15am  
H 405B      H 201

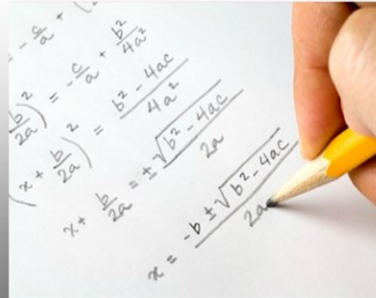
Must sign up on the MSMC Portal under  
Academic Advisement



## Math Placement Exam

Tues, Sept. 23<sup>rd</sup>      Fri, Nov. 21<sup>st</sup>  
2:00pm-3:30pm      2:30pm-4:00pm  
Library 4th floor      Library 4th floor

Must sign up on the MSMC Portal under  
Academic Advisement



## JOIN LEADERSHIP SCHOLARS!

APPLICATIONS DUE OCTOBER 24<sup>th</sup>

Women's Leadership offers Freshman and Sophomore students the opportunity to become a part of a unique leadership development experience.

The Leadership Scholar Program recognizes the leadership potential of individuals who have made exemplary contributions to their personal lives through involvement, service, and leadership activities. Participants will receive individual leadership development, specialized activities, and priority for conference registration.

[WWW.MSMC.LA.EDU/APPLY-LEADERSHIPSCHOLARS](http://WWW.MSMC.LA.EDU/APPLY-LEADERSHIPSCHOLARS)

Women's Leadership  
\*(310) 754-1350 \* [leadership@msmc.la.edu](mailto:leadership@msmc.la.edu) \*

## MOUNT IN THE CITY PRESENTS



**Hollywood Bowl**  
Saturday, September 20 @ 4:00pm

Student Programming and Commuter Services | H200A | 310.954.4120 | [studentprogramming@msmc.la.edu](mailto:studentprogramming@msmc.la.edu) | #MITC

## CAREER SERVICES & INTERNSHIPS PRESENTS:

**THE GRADUATE SCHOOL FAIR 2014:**  
*What's your plan?*



*Save the date!*

Thursday, October 9, 2014

12-3 p.m.

Chalon Campus, Campus Center

## Weekend Events

Friday 09/19

Enjoy your  
afternoon at the  
3rd Street Promenade



Saturday 09/20

How about a  
new adventure?  
Take the stop trans  
to Westwood!



Sunday 09/21



Join the fun and  
attend Athenian  
Café @ 4 pm

7:00 pm—Mass @  
Chalon



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmc.la.edu](mailto:athenianweekly@msmc.la.edu)





# Athenian Weekly



Athenian Promise: I will contribute to the development of a caring community where compassion for others and freedom of thought and expression are valued. (5 out of 6)

Volume 1, Issue No. 8

Monday, September 22, 2014

Published by the Student Affairs Office

## Campus Security Safety Tips- Week Five: Emergency Preparedness—Tip 2

Emergencies are unexpected and are without warning. They are also not all the same. Being prepared for all emergencies is important to your safety. How prepared you are can make all the difference when it's 2am and the ground starts to shake or a smoke alarm goes off. In those events you have seconds to know what you will do to keep yourself safe. Having a plan and items such as an emergency kit, are steps to ensure your safety. Learn each campus' evacuation location and procedures. Every classroom has Emergency Procedures posted. Read them, know them and be ready. You can also visit the Campus Security page on the Portal for emergency procedures.

*Safety Tips are brought to you by the  
Dept. of Campus Security.  
Stay Informed, Stay Alive*



## Thursday Theater Presents:

September 25, 2014  
Student Lounge

12:30-2:30pm  
4:30-6:30pm



Sponsored by Student Programming & Computer Services • H200A • (310) 954 - 4120 • StudentProgramming@msmc.ca.edu

## CPS TIP OF THE WEEK

*Sharing our joy increases joy!*



- ♦ Make a daily list of the things you feel grateful for - this helps draw your attention to the positive experiences in your life.
- ♦ Express the gratitude you feel to people close to you - this helps increase and sustain your well-being.
- ♦ Describe your happy experiences to close friends, romantic partners, or family members - telling people about happiness has far greater benefits than just remembering it or writing it down for ourselves.

“Happiness is the only thing that multiplies when you share it.” - Albert Schweitzer

**Increase your joy**

\*Make a list of the things you feel grateful

\*Express your gratitude

\*Share your positive experience

Counseling &  
Psychological  
Services

Doheny Campus  
(213) 477-2668

Chalon Campus  
(310) 954 -4114



**FEEL HAPPIER!!**

WELLNESS...  
THE MOUNT WAY!



## What's Your Silhouette?

**Where: Admin. Lawn**

**When: Monday, September 22**

**Time: 4pm-5pm**

**What:** Decorate your very own mason jar and place an electric candle inside that shines a silhouette of your choice! We will have conversation topics that will allow you to get to meet new people in a fun way! We will also be serving pizza and refreshments, while supplies last.



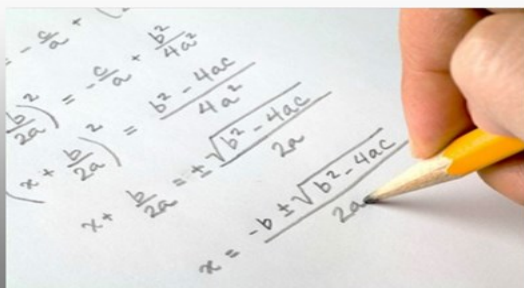


## Math Placement Exam

Tues, Sept. 23<sup>rd</sup>  
2:00pm-3:30pm  
Library 4th floor

Fri, Nov. 21<sup>st</sup>  
2:30pm-4:00pm  
Library 4th floor

Must sign up on the MSMC Portal under  
Academic Advisement



## Done with Summer School?

**If you took summer school courses at a local community college, be sure to:**

1. Follow the articulation agreement found under the Transfer Credit Tab on the Academic Advisement Portal website.
2. Complete and turn in a Transfer of Credit Clearance Form. Transfer of Credit Clearance Forms are located in the Academic Advisement Center.
3. Have your official transcripts from the college that you took summer class mailed directly to the Mount. Until the official transcripts are received, the course cannot be added to your record.
4. Contact Academic Advisement at x4070 with any transfer course questions.



How about a Chinese craft? Join us and have some fun

## Language Placement Exam

Fri, Sept. 26<sup>th</sup>  
2:00pm-3:00pm  
H 405B

Tues, Nov. 18<sup>th</sup>  
8:15am-9:15am  
H 201

Must sign up on the MSMC Portal under  
Academic Advisement



## Making Your Own Lotus Flower



Student Lounge

Wednesday, Sept. 24, 2014

1:00pm-2:00pm

## LAP Workshop

**Do you not feel prepared to take an exam?**  
**Do you want to learn new techniques that may help you ace the test?** Then come to the **LAP Workshop Test Taking Success: Skills and Strategies to Excel** on Monday, September 22<sup>nd</sup> from 4:45pm-5:45pm and Thursday, September 25<sup>th</sup> from 1pm-2pm. Sign up outside the Learning Center Humanities 207.



## MSMC TRAVEL AWARD DEADLINE IS OCTOBER 5<sup>TH</sup>

The Sr. Aline Marie Gerber & Sr. Eloise Therese Mescall Travel Award provides **\$500** of extra funds to a MSMC student to enhance the study away experience. Students studying in Europe might use funds to travel to other countries; students at CSJ sister schools might attend cultural events or visit historic sites in the U.S.; students in Washington D.C. might visit museums. The only restriction is that the money cannot be used for books, tuition, or room and board. Complete the MSMC Travel Award Application and Travel Award Reference form by visiting the Study Away portal page and submit to the Study Away/Advisement office in Humanities 401 by **October 5<sup>th</sup>**.





# STUDY AWAY APPLICATIONS

Deadline to Study Away for the Spring semester is:

Wednesday,  
October 1st, 2014

## MAJOR & MINOR FAIR



THURSDAY, SEPTEMBER 25  
12-2PM in THE CIRCLE

COME LEARN ABOUT ALL OF THE MAJORS AND MINORS THAT THE MOUNT HAS TO OFFER!

BROUGHT TO YOU BY:  
ACADEMIC ADVISEMENT  
advisement@msmc.la.edu  
Humanities 401

## Mass of the Holy Spirit



Remember  
to wear  
**RED!**

Lunch will be at  
the *Campus  
Center* for those  
who attend

**Tuesday, September 23**  
**@ Chalon, 11:30am**  
**New Location!**  
Mass will take place in  
**Hannon Theater**

### Learning Assistance Programs/ISAE

H-207-Ext. 4144



#### **Fall Classes Already Stressing You Out?!?!?**

Come pick up a tutor request form at the Learning Center (H-207)! It is never too early to plan for YOUR success. Stop by for more information.

#### **Attention New ISAE Students:**

All new ISAE students must complete their mandatory orientations by Thursday, September 25<sup>th</sup>. Please check your email for more information. You can call the office at 310-954-4144 to make you appointment today.

#### **Attention ISAE Students:**

Join us on Friday, October 3<sup>rd</sup> at 4:30 pm at the Doheny Pool for our **ISAE Fall Fling Pool Party**. Have some fun under the sun and enjoy delicious food, games, prizes and pool time. Sign Ups in the Learning Center. Don't forget your \$20 refundable deposit.

# WOMEN'S VOLLEYBALL TRYOUT

**CHALON FITNESS CENTER**

**SEPT. 22<sup>ND</sup>, 24<sup>TH</sup>, 25<sup>TH</sup>**

**5:00PM – 7:00 PM**

YOU JUST HAVE TO TRYOUT ONCE.

PICK A DAY AND INFORM COACH CANTA

CONTACT: HERSHEY CANTA

[hcanta@msmc.la.edu](mailto:hcanta@msmc.la.edu)



## ATTENTION STUDENT'S AWARED

### WORK STUDY for FALL 2014!

**Dept. of Campus Security & Residence Life Office**

Is offering the dual position of

#### "Student Safety Mentor/Resident Community Safety Advocate"

This unique position offers 20% off Room and Board fees as well as Work Study, the ability to create new and exciting student programs focused on issues directly effecting women within higher education and assist in projects that promote safety for the community. This candidate will also work with both Residence Life Office and Dept. of Campus Security.

#### Duties Include:

1. Work closely with Residence Life Office and Dept. of Campus Security
2. Weekly safety checks of the residence halls and outside perimeter of residence halls as directed by Campus Security and Residence Life.
3. Assist with all campus wide emergency drills
4. Research and Develop programs focused on women's safety.
5. Design and create decorations
6. Promote programming
7. Assist with special events

#### Applications available at:

Residence Life (8am-4pm) or Campus Security-Circle (10am-4pm)

**Questions?** Call 310-954-4325 or 310-954- 4007

#### Applications due:

Friday, September 26th at 4:30pm to  
**Chinako Belanger, Acting Director of Residence Life**  
1st Floor Brady

#### Fall Office Hours:

Monday – Thursday 7:30am – 4:30pm

Friday 7:30am – 4:00pm

#### Fall 2014 DROP- IN HOURS:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHALON	10:00am- 11:00am	10:00am- 11:00am	10:00am- 11:00am	10:00am- 11:00am	10:00am- 11:00am
	1:00pm- 2:00pm	1:00pm- 2:00pm	1:00pm- 2:00pm	1:00pm- 2:00pm	1:00pm- 2:00pm

#### Academic Advisement

310-954-4070/H401

[advisement@msmc.la.edu](mailto:advisement@msmc.la.edu)

Visit us on the **MSMC Portal**>Academic Advisement!

## Weekend Events

**Friday 09/26**



Take a dip in the  
pool after classes  
to cool off from  
the hot weather.



**Saturday 09/27**

Take the Stop-Trans to Westwood! Stop by  
**DIDDY RIESE** for a yummy treat!



**Sunday 09/28**

All are welcome to attend  
Mass @ 7:00 PM at  
the Chalon campus



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmc.la.edu](mailto:athenianweekly@msmc.la.edu)





# Athenian Weekly



Athenian Promise: I will honor, challenge and contribute to the scholarly heritage left by those who preceded me and work to leave this a better place for those who follow. (6 out of 6)

Volume 1, Issue No. 9

Monday, September 29, 2014

Published by the Student Affairs Office

**FINALLY...A TEST THAT REQUIRES  
ZERO STUDYING!**

## TEST YOUR MOOD

Feeling sad, anxious, irritable? Take an anonymous self-assessment to test your mood.



**OCTOBER 6, 2014  
12-3 PM  
THE CIRCLE**



WELLNESS...  
THE MIGHTY WAY!

**Men's Dodgeball or Volleyball at UCLA**

**DEADLINE TO SIGN UP IS OCTOBER 3... DON'T WAIT!!**



Sign Up in the Fitness Center

## STUDY AWAY APPLICATIONS

Deadline to Study Away  
for the Spring semester is:

*Wednesday,  
October 1st, 2014*



## LOVE BOBA?



**SCHOLAR MENTOR CLUB  
WILL BE SELLING MILK  
TEA BOBA + MYSTERY  
FRUIT SLUSHIES!**

**LOCATION:  
HANNON  
PATIO**

**TIME:  
11:30AM -  
2PM**

**DATE: TUESDAY, SEPTEMBER 30, 2014**

## Save the Day Be an RA!



All undergraduate students  
(commuters and residents)  
are welcome to apply.

Applications must be  
submitted no later than

**Friday, October 3, 2014**

For more information, contact the Residence Life Office:

Chalon: Brady 101, x4325, [chalonresidence@msmc.la.edu](mailto:chalonresidence@msmc.la.edu)

Doheny: Hannon 123, x2661,  
[dohenyresidence@msmc.la.edu](mailto:dohenyresidence@msmc.la.edu)





## Learning Assistance Programs/ISAE



H-207-Ext. 4144

### LAP Workshop



Do you have some free time in your hands? Looking for something great to do? Stop by this workshop and learn how to keep a journal just for you! **On Keeping A Notebook: How to Improve Your Writing Skills by Keeping a Journal** on Monday, September 29<sup>th</sup> from 4:45pm-5:45pm. Sign-up outside the Learning Center Humanities 207.

Have you forgotten how to write a proper paper over the summer? Still confused on the rules of English grammar? Then this workshop will help you throughout the year! **Grammar Refresher: Punctuation and Parts of Speech** on Thursday, October 2<sup>nd</sup> from 1pm-2pm. Sign up outside the Learning Center.

### Attention ISAE Students:

Join us on Friday, October 3<sup>rd</sup> at 4:30 pm at the Doheny Pool for our **ISAE Fall Fling Pool Party**. Have some fun under the sun and enjoy delicious food, games, prizes, and pool time. Sign-ups in the Learning Center. Don't forget your \$20 refundable deposit.

### ATTENTION ISAE FRESHMEN!!!

The ISAE participation agreement states that each *ISAE freshman will meet* with her ISAE counselor and her Peer Advisor **THREE times during the fall and spring semesters**. It will allow ISAE staff to check in with you on your first semester successes and challenges and to make sure your adjustment to college is going well. Schedule your counselor appointments in the Learning Center and schedule your PA appointment directly with your PA.

### ISAE - DON'T RISK DEACTIVATION!!!

Meet with your ISAE Counselor (Freshmen 3x/sem; Soph/Jr/Sr 1x/sem)

Update your Educational Plan (EVERY SEMESTER)

Meet with your Peer Advisor (Freshmen 3x/sem; Soph/Jr/Sr 1x/sem)

Attend minimum of 2 college sponsored cultural, leadership, educational or volunteer Events/Activities EVERY SEMESTER. Sign "non-ISAE/Learning Center" events in log in ISAE Office for credit.

### Deadlines for ISAE Students to meet with their ISAE

#### Counselor & Peer Advisor for Fall 2014:

Freshmen - October 30<sup>th</sup>, December 3<sup>rd</sup>

Sophomores - October 30<sup>th</sup>, December 3<sup>rd</sup>

Juniors & Seniors - December 3<sup>rd</sup>



## "When You Wish Upon A Star"

### Charity Ball

October.23.2014

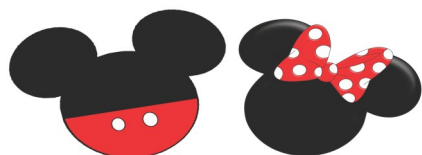
6 p.m.


*Tickets on Sale Oct. 1*

Benefitting:



#CharityBall  chalonsac





## Veteran Outreach Association


## General Meeting

Monday, October 6<sup>th</sup> at 12:30 p.m.

Humanities 403

Join us to learn more about the VOA club! We will discuss about upcoming events, leadership opportunities, and more.

Questions? Contact us at [msmc.voa@gmail.com](mailto:msmc.voa@gmail.com)



### Attention Freshmen!

Did you take college level courses while in High School? It is important to have your transcripts sent to the Mount so that your courses can be reviewed for possible credit towards your degree. Please send your transcripts directly from the high school you attended to the Mount. Hand-delivered transcripts are not considered official.

### ATTENTION New Transfer Students!

Remember, you only have one semester to contest your Transfer Credit Evaluation. For more information visit us on MyMSMC Portal or stop by during posted drop-in hours.

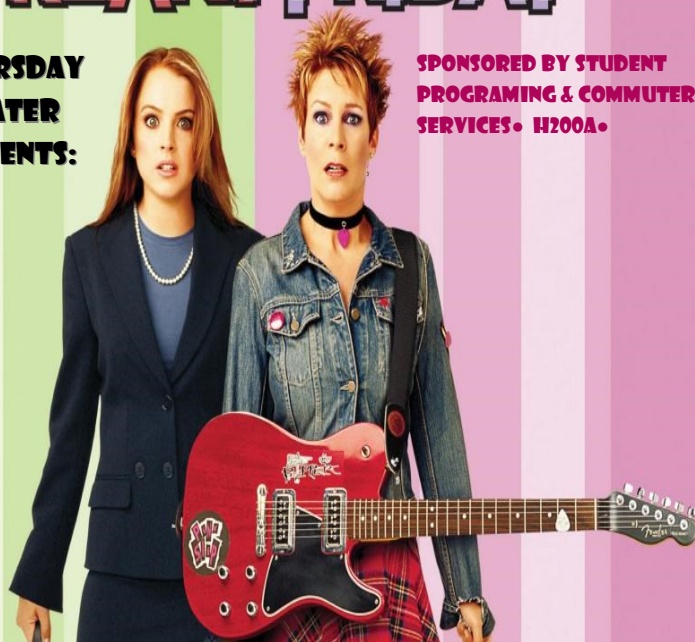


JAMIE LEE CURTIS

LINDSAY LOHAN

Disney

## FREAKY FRIDAY

THURSDAY  
THEATER  
PRESENTS:SPONSORED BY STUDENT  
PROGRAMING & COMMUTER  
SERVICES. H200A

## ACFC

Athenian Cross Fitness Club!

Would like you to participate!



Stay active and have fun  
with other fellow athenians.  
Come and join ACFC in our  
weekly workouts.

Open to Everyone!

When: Every Friday  
Time: 3:00pm-4:00pm  
Where: Chalon Fitness Center

Stalk Us!

Official email: [msmc.acfc@gmail.com](mailto:msmc.acfc@gmail.com)

Facebook:: [www.facebook.com/athenianfitnessclub](http://www.facebook.com/athenianfitnessclub)

Twitter: @msmc\_acfc

Instagram: @atheniancrossfitnessclub

## UPCOMING ADVISEMENT PERIOD

October 13<sup>th</sup> - October 31<sup>st</sup>

Please be sure to mark your calendars!

## Who is my Advisor?

Students are primarily assigned  
departmental faculty advisors. Pre-Nursing  
and Undeclared students at Chalon are  
assigned advisors in Academic Advisement.

Check Web Advisor, Student Profile section,  
for your advisor assignment!

Don't forget to make an appointment with  
your advisor! You **must** have an advisement  
appointment in order to register for  
your Spring 2015 classes.



## Campus Security Safety Tips:

Week Six: Cyber-Bullying—Don't Become a Victim

Cyber Bullying is on the rise more so than other types of bullying.

Here are some tips that will help to not become a victim:

- **Don't share your online passcode or phone pin#**
- **Respect others** and treat them the way you want to be treated.
- **Don't be afraid to report** the Cyberbully to Campus Security or Student Affairs, H200.
- **Never share personal information:** such as your home address or phone number online.
- **Never take naked or compromising pictures or videos** of yourself or your friends on your cell phone. Even if you just share them among your friends, they can soon spread like wildfire.
- **Do not respond to the Cyberbully:** Instead block them from your social network profile and monitor your privacy settings and remember if you wouldn't say it in person, don't say it online.

*Safety Tips are brought to you by the  
Dept. of Campus Security. Stay Informed,  
Stay Alive.*



## CAREER SERVICES &amp; INTERNSHIPS PRESENTS:

**THE GRADUATE SCHOOL FAIR 2014****THURSDAY,****12-3 P.M.***Campus Center*

American Jewish University  
 Antioch University Los Angeles  
 Biola University  
 Blueprint LSAT Prep  
 California Baptist University  
 CalArts (California Institute of the Arts)  
 California Lutheran University  
 California School of Professional Psychology  
 CSU Channel Islands Extended University  
 CSU Dominguez Hills  
 CSU Los Angeles  
 CSU Los Angeles Sociology Dept. and Health Careers Advisement Office  
 CSU Northridge  
 CSU Northridge Graduate Programs in Business

California Western School of Law  
 Cedars Sinai Graduate Program  
 Chapman University  
 Chapman University Fowler School of Law  
 The Chicago School of Professional Psychology  
 Claremont Graduate University  
 Fashion Institute of Design & Merchandise  
 Kaplan Test Prep  
 Keck Graduate Institute  
 Loma Linda University  
 Loyola Law School  
 Loyola Marymount University  
 Loyola Marymount University-SDE  
 Marymount California University  
 Mount St. Mary's College  
 Peace Corps

Pepperdine University Graduate School of Education & Psychology  
 Pepperdine University School of Public Policy  
 San Jose University School of Library and Information Science  
 Southwestern Law School  
 Test Masters  
 U.S. Army Medical Recruiting  
 UCLA Graduate Division  
 UCLA School of Information Studies  
 UCLA School of Nursing  
 UCLA School of Social Welfare  
 USC Herman Ostrow School of Dentistry  
 USC Rossier School of Education  
 USC School of Social Work  
 Woodbury University

## Weekend Events

**Friday 10/3**

Enjoy your  
 afternoon at the  
 Santa Monica Pier

**Saturday 10/4**

Play the arcade games and  
 board games at the  
 Student Lounge!

**Sunday 10/5**

Chalon  
 Mass

**@7pm**

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmc.la.edu](mailto:athenianweekly@msmc.la.edu)





# Athenian Weekly



Athenian Promise: I will embrace the concept of a civil community which does not tolerate violence, theft, bigotry, or harassment of others in any form. (1 out of 6)

Volume 1, Issue No. 10

Monday, October 6, 2014

Published by the Student Affairs Office

## PEP RALLY

### FOR MOUNT SAINT MARY'S UNIVERSITY

Get a sneak preview of what we will look like starting January 2015.

**A SPECIAL PRESENTATION ON OCTOBER 7, 2014 STARTS AT 12:50 P.M. AT HANNON THEATER**

Followed immediately by a Pep Rally in the Circle.  
Free MSMU t-shirts, pizza and cookies!

## PEP RALLY

### FOR MOUNT SAINT MARY'S UNIVERSITY

Get a sneak preview of what we will look like starting January 2015.

**A SPECIAL PRESENTATION ON OCTOBER 8, 2014 STARTS AT 12:45 P.M. AT DONOHUE CENTER**

Followed immediately by a Pep Rally on the Mansion Lawn.  
Free MSMU t-shirts, pizza and cookies!

### Upcoming Night Hikes

Bring a flashlight, warm clothing, water, and sturdy shoes.

Meet at the Chalon Fitness Center!

Wednesday October 8th, 7:00 PM

Tuesday October 21st, 7:00 PM

Tuesday November 4th, 7:00 PM

## VOLLEYBALL CLINIC

WANT TO LEARN HOW TO PLAY VOLLEYBALL?  
WANT TO PLAY FOR FUN?  
JOIN THE CLINIC!  
CONTACT COACH CANTA  
[hcanta@msmc.la.edu](mailto:hcanta@msmc.la.edu)

EVERY THURSDAY  
CHALON FITNESS CENTER  
4:00 PM – 6:30 PM

## Veteran Outreach Association

### General Meeting

Monday, October 6th at 12:30 p.m.  
Humanities 403

Join us to learn more about the VOA club! We will discuss about upcoming events, leadership opportunities, and more.

Questions? Contact us at [msmc.voa@gmail.com](mailto:msmc.voa@gmail.com)





CAREER SERVICES & INTERNSHIPS PRESENTS:  
**THE GRADUATE SCHOOL FAIR 2014**



*What's your plan?*



*Location: Chalon  
 Campus Center*

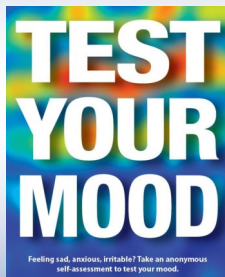
**THURSDAY,  
 OCT. 9TH  
 12-3 P.M.**

American Jewish University  
 Antioch University Los Angeles  
 Biola University  
 Blueprint LSAT Prep  
 California Baptist University  
 CalArts (California Institute of the Arts)  
 California Lutheran University  
 California School of Professional Psychology (Alliant)  
 CSU Channel Islands Extended University  
 CSU Dominguez Hills  
 CSU Los Angeles  
 CSU Los Angeles Sociology Dept. and Health Careers  
 Advisement  
 CSU Northridge  
 CSU Northridge Graduate Programs in Business  
 California Western School of Law  
 Cedars Sinai Graduate Program  
 Chapman University  
 Chapman University Fowler School of Law

The Chicago School of Professional Psychology  
 Claremont Graduate University  
 Fashion Institute of Design & Merchandise  
 Fuller Theological Seminary  
 Kaplan Test Prep  
 Keck Graduate Institute  
 Loma Linda University  
 Loyola Law School  
 Loyola Marymount University  
 Loyola Marymount University-School of Education  
 Marymount California University  
 Mount St. Mary's College  
 Pepperdine University Graduate School of Education &  
 Psychology  
 Pepperdine University School of Public Policy  
 Peace Corps  
 San Jose University School of Library and Information  
 Science  
 Southwestern Law School  
 TestMasters

U.S. Army Medical Recruiting  
 UCI School of Law  
 UCLA Fielding School of Public Health  
 UCLA Graduate Division  
 UCLA Latin American Studies (Community Health  
 Sciences)  
 UCLA School of Information Studies  
 UCLA School of Nursing  
 UCLA School of Social Welfare  
 USC, Division of Physician Assistant Studies  
 USC Herman Ostrow School of Dentistry  
 USC Keck School of Medicine Division of Physician  
 Assistant Studies  
 USC Marshall School of Business  
 USC Rossier School of Education  
 USC School of Pharmacy  
 USC School of Social Work  
 University of West Los Angeles  
 Whittier Law School  
 Woodbury University

**FREE MOOD PENCIL for  
 a test that requires  
 ZERO STUDYING!**



**OCTOBER 6, 2014  
 12-3 PM  
 THE CIRCLE**



**Commuter**  
*Lemonade Stand*



sweatin' your schedule?  
 cool off with Commuter Services!



**free lemonade & snacks**



**helpful tips to keep you  
 organized!**

*Tuesday, October 7, 2014  
 2:30-4PM @ Circle*

**follow us!**  
 #chaloncommuter

@SPCSmakesithappen

@msmc\_spms

Student Programming & Commuter Services H200A (310)954-4120 studentprogramming@msmc.la.edu



Thursday Theater**A WALK TO REMEMBER**

October 9, 2014

Student Lounge

12:30pm– 2:30pm

4:30pm–6:30pm

**“Raise The Bar”****DR. HELEN BOUTROUS**

October 8, 2014

11:00am–12:00pm

Campus Center Plaza

RSVP at SPCS  
Student Programming & Commuter Services  
[Studentprogramming@msmc.la.edu](mailto:Studentprogramming@msmc.la.edu)  
(310) 954-4120  
H200A [#GetRichwithEnrich](https://www.instagram.com/GetRichwithEnrich)



**Need a Halloween Costume?**  
**Something for the Costume Cupboard?**  
**Children's Dress Up?**

Sr. Carol is cleaning out the academic garb closet and selling off some very old baccalaureate gowns. She is asking a donation of \$3 for a gown. See her in Doheny Bldg 2 upstairs.

(213) 477-2510  
[cbrong@msmc.la.edu](mailto:cbrong@msmc.la.edu)



# CNSA

## General Meeting

# 2

Mentor &amp; Mentee



Join us on  
October 8th, 2014 at  
5-6pm in the Campus  
Center (Northwest &  
Southwest sides)

Chapter Dues, Shirts &  
Sweater Payments Due!

**The Spanish Club**

would like to welcome all fellow  
athenians to our upcoming  
General Meeting.

Date: Oct. 13th  
Time: 11:30-12:30pm  
Location: Chalon  
Campus Center

Come, interact,  
and become  
informed about  
our club!

You do not have to be a fluent spanish speaker.  
We hope to see new faces, who are interested in  
expanding their culture.

For more information you may contact:  
Jerica Luce  
(President of the Spanish Club)  
[jeriluce@mymmsmc.la.edu](mailto:jeriluce@mymmsmc.la.edu)

**COOKIES**

Monday, Oct. 6 at 2pm

in House 7 (next to the café) at Doheny  
and in the Chalon Campus Ministry  
office, Humanities first floor

Start your week off with a  
conversation and cookies!





## Mount St. Mary's College Founders Week 2014

### To-Do List

#### 1 Monday, October 6

**Did-you-know:**  
Be the first person to spot  
Mount Trivia posted all over  
both campuses!



#### 2

#### Tuesday, October 7

**Mount Pride Day:**  
Wear your favorite Mount  
attire and show us your  
school spirit.



#### 4

#### Thursday, October 9

**Philanthropy Day:**  
Be a part of the biggest selfie  
ever! Join us in the circle at  
3:00p.m. and sign our thank  
you banner to all our  
wonderful donors.



#### 3

#### Wednesday, October 8

#### FIND ATHENA:

Help us find Athena on  
campus and post a picture  
with her on Instagram and  
Facebook!

#MSMCHOME

TAG @MSMCLA

#### 5

#### Saturday, October 11

### Homecoming 2014

Chalon Circle 1 p.m.

Register: [www.msmcalums.la.edu/homecoming14](http://www.msmcalums.la.edu/homecoming14)

## MSMC WOMEN'S VOLLEYBALL TEAM

### CONGRATULATIONS!!!!!!

Angela Quinonez  
Anastasia McGilvray  
Ariana Pineda  
Beverly Flores  
Christine Baylon  
Ileana Dullas  
Maryjoie Garcia

Nicolle Sankari  
Pamela Minjarez  
Stephanie Lowrance  
Taylor Tooke-Spearman  
Teresa Campos-Pelayo  
Toni Lantin



### Campus Security Safety Tips- Week Seven: Campus Fire Safety Month- Tip 1

When a smoke alarm or fire alarm sounds, get out of the building quickly and do not reenter the building until fire authorities say it is safe to do so. Learn your building's evacuation plan and practice all drills as if they were the real thing. Learn where all the fire extinguishers are on Campus.

*Safety Tips are brought to you by the Dept. of  
Campus Security. Stay Informed, Stay Alive*



### THE GAY STRAIGHT ALLIANCE

WOULD LIKE TO INVITE  
ALL FELLOW ATHENIANS TO AN  
INFORMATIVE LECTURE, ENTITLED  
"QUEER THEOLOGIES:  
PAST AND FUTURE"  
WITH A SPECIAL GUEST SPEAKER,  
LISA ISHER WOOD.

TIME: 7PM-8PM  
PLACE: THE ROSE HILLS  
AUDITORIUM ON THE DOHENY  
CAMPUS.  
DO NOT MISS OUT!

DATE:  
OCT. 7TH



## Weekend Events

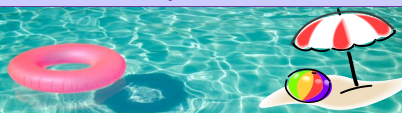
Friday 10/10

**Take the Stop-Trans to Westwood  
to watch a  
movie!**



Saturday 10/11

**Bring a friend to Cool  
off by the Pool!**



Sunday 10/12

**Chalon Mass  
@7pm**



**Athenian  
Café 4-5:30  
@ the Coffee Bar**

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmc.la.edu](mailto:athenianweekly@msmc.la.edu)





# Athenian Weekly



Athenian Promise: I will commit myself to the pursuit of knowledge with personal integrity and academic honesty. (2 of 6)

Volume 1, Issue No. 11

Monday, October 13, 2014

Published by the Student Affairs Office



**Senior Portraits**  
Chalon Deluxe Session Only \$10

**October 13-15th**  
Visitor's Dining Room Chalon Campus

Sign up online @ [www.artistryfoto.com](http://www.artistryfoto.com)  
A credit card is required to secure your session BUT will not be charged unless you no show.

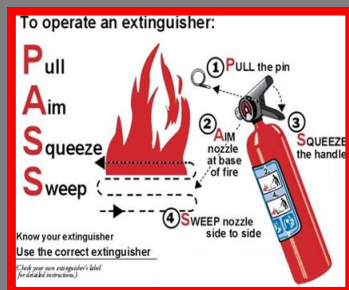
Custom Graduation Invitations & Announcements

## Campus Security Safety Tips

### Week Eight: Campus Fire Safety Awareness

**Know the basic operation of an extinguisher:  
P.A.S.S.**

- ◆ **Pull the pin**
- ◆ **Aim the nozzle at the base of the fire**
- ◆ **Squeeze the handle**
- ◆ **Sweep nozzle side to side**



Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive.



## CPS Tip of the Week!

College can be REALLY fun and exciting at times! It can also be **SUPER STRESSFUL!** Trying to do well in classes, balancing your time with friends and school work, extracurricular activities, and fitting in family time....it can feel like a lot of pressure!

BUT, you may be able to reduce feelings of stress by following these simple guidelines!

- ⇒ **Get enough sleep.** It may be tempting to stay out all night with friends, but your body and mind will thank you in the morning if you dedicate 6-8 hours a night to a good and restful sleep!
- ⇒ **Exercise regularly.** It can be hard to find time to work out regularly with so many other responsibilities; but even a 20 minute walk can work wonders and make you feel more energized and positive about yourself!
- ⇒ **Stay connected.** Fight the temptation to isolate yourself from others, particularly if you're feeling lonely or homesick. Be intentional about making new friends, calling/visiting family, and participating in campus events!
- ⇒ **Make time for fun!** College can feel overwhelming at times! It's important to find at least a little time each day to do things that are fun and relaxing for yourself, like time with friends, a bubble bath, or reading a good book!

## Take Care of Yourself to Fight Off Stress!



**Seek out counseling services on campus.** If you find that managing stress feels like too much to handle, come by CPS and talk to a therapist in a safe and confidential place where you can receive support, encouragement, and extra tools for navigating college life!

**Counseling & Psychological Services, Chalon:**

**(310) 954-4114, Doheny: (213) 477-2668**





## ATTENTION STUDENT'S AWARED WORK STUDY for FALL 2014!

Dept. of Campus Security &

Residence Life Office

Is offering the dual position of

*"Student Safety Mentor/Resident Community Safety Advocate"*

This unique position offers 20% off Room and Board fees as well as Work Study, the ability to create new and exciting student programs focused on issues directly affecting women within higher education and assist in projects that promote safety for the Community. This candidate will also work with both Residence Life Office and Dept. of Campus Security.

1. Work closely with Residence Life Office and Dept. of Campus Security
2. Weekly safety checks of the residence halls and outside perimeter of residence halls as directed by Campus Security and Residence Life.
3. Assist with all campus wide emergency drills.
4. Research and Develop programs focused on women's safety.
5. Design and create decorations.
6. Promote programming.
7. Assist with special events.

Applications available at:

Campus Security-Circle (10AM-4:30PM)

Questions? Call 310-954-4007

Applications due:

Friday, October 24th at 4:30pm to

Cristina Salcedo, Assistant Director of Campus Security

Campus Security Circle Kiosk



## SPRING 2015—Chalon Physical Education Classes

Ballet	Mondays	5-6:30PM
Contemporary Dance	M/W	6:30-7:30 PM
Dance Fitness	T/TH	11:20-12:20 PM
Pilates	M/W	7:30-8:30 PM
Physical Ed.	Mondays	8-9 AM
Studio Cycling	T/TH	5:30-6:30 PM
Studio Cycling	T/TH	7-8 PM
Swimming	Tuesdays	4-5:30 PM
Yoga	M/W	8-9 AM
Yoga	T/TH	4-5 PM



## FALL CONCERT

### MOUNT ORCHESTRA

OCTOBER 25 - 3PM  
MARY CHAPEL

Featuring winners of the  
4th Annual Concerto Competition  
for High School Students

## Campus Fire Safety Awareness Day!



Chalon Campus  
Tue, Oct. 14th  
Circle Area  
12pm-2pm



### LEARN HOW TO PREVENT AND SURVIVE A FIRE

- \* Fun \*
- \* Free Pizza & Refreshments \*
- \* QR Code Scavenger Hunt \*
- \* Prizes \*
- \* Color and Build your own Fire Truck

Sponsored by: The Dept. of Campus Security



## UPCOMING ADVISEMENT PERIOD

**October 13<sup>th</sup> - October 31<sup>st</sup>**

Please be sure to mark your calendars!

### Who is my Advisor?

Students are primarily assigned departmental **faculty advisors**. Pre-Nursing and Undeclared students at Chalon are assigned advisors in **Academic Advisement**.

**Check Web Advisor, Student Profile section, for your advisor assignment!**

Don't forget to make an appointment with your advisor! You **must** have an advisement appointment in order to register for your **Spring 2015** classes.







Mount St. Mary's College  
Career Services & Internships

## MOUNT CAREER NETWORK

Join our online job and internship database. Open to all students and alumnae!

### STUDENTS

1. Go to [www.mountcareernetwork.com](http://www.mountcareernetwork.com)
2. Register under students/alumni
3. Create a login username (MSMC email) and password (MSMC ID#)

You are now able to search for jobs, internships, and volunteer opportunities!

### ALUMNAE

1. Go to [www.mountcareernetwork.com](http://www.mountcareernetwork.com)
  2. Register under students/alumni
  3. Fill in required information (you do not need an MSMC ID#)
  4. You will receive a verification email with 2 links. Click the 2nd link to generate a password
  5. Log into your account and change your password
- You are now able to search for jobs, internships, and volunteer opportunities!

## LinkedIn

LinkedIn is the world's largest professional network with over 120 million members and growing rapidly. It allows you to connect with your trusted contacts and helps you exchange knowledge, ideas, and opportunities with a broader network of professionals.

Join our LinkedIn group "Mount St. Mary's College: Students & Alumnae" and start your job and internship search today!

## FACEBOOK

Stay updated with the latest career news, programs, & opportunities!

Like us at [www.facebook.com/HireAthenians](http://www.facebook.com/HireAthenians)

HUMANITIES 401 (CHALON CAMPUS)  
MON - FRI • 8:00 AM - 4:30 PM  
(310) 954-4410

BUILDING 11, 2ND FLOOR (DOHENY CAMPUS)  
MON - FRI • 8:00 AM - 4:30 PM  
(213) 477-2852

CHARITY BALL

OCTOBER 23 AT 6 PM

BENEFITING

UNITED FRIENDS  
OF THE CHILDREN

CHARITY BALL TICKETS  
ON SALE NOW!

MON. - THURS. 12-2 IN THE CIRCLE  
MON. - FRI.: WOMEN'S LEADERSHIP OFFICE

STUDENTS: \$10

GUESTS: \$15

TABLE (8): \$80

CAN'T MAKE IT?

DONATE HERE!

<http://www.ra200.com/sto-ny/Chalon-Student-Activities-Council-Charity-Ball>



HOSTED BY  
CHALON STUDENT ACTIVITIES COUNCIL

## Learning Assistance Programs/ISAE

H-207-Ext. 4144

## ATTENTION ISAE FRESHMEN!!!

The ISAE participation agreement states that each ISAE freshman will meet with her ISAE counselor and her Peer Advisor THREE times during the fall and spring semesters. It will allow ISAE staff to check in with you on your first semester successes and challenges and to make sure your adjustment to college is going well. Schedule your counselor appointments in the Learning Center and schedule your PA appointment directly with your PA.

## LAP Workshop

Are you feeling overwhelmed with all of your responsibilities? Then attend the LAP Workshop *Mindfulness: Mastering One's Poise in the Face of Academic Pressures and Deadlines* on Monday, October 13<sup>th</sup> from 4:45pm-5:45pm. Sign up outside the Learning Center Humanities 207.

## ISAE - DON'T RISK DEACTIVATION!!!

Meet with your ISAE Counselor

(Freshmen 3x/sem; Soph/Jr/Sr 1x/sem)

Update your Educational Plan (EVERY SEMESTER)

Meet with your Peer Advisor

(Freshmen 3x/sem; Soph/Jr/Sr 1x/sem)

Attend minimum of 2 college sponsored cultural, leadership, educational or volunteer Events/Activities EVERY SEMESTER. Sign "non-ISAE/Learning Center" events in log in ISAE Office for credit.

Deadlines for ISAE Students to meet with their ISAE Counselor & Peer Advisor for Spring 2013:



Freshmen - October 30th, December 3rd

Sophomores - October 30th, December 3rd

## Liturgy of the Hours

A SIMPLE PRAYER EXPERIENCE  
IS AVAILABLE TO YOU!

Monday and Tuesday mornings at 7:30am in Mary Chapel.

Tuesday and Thursday evenings at 5pm in Mary Chapel.

It only takes 20 minutes. Give yourself some "me" time with God.

We would like to invite you to strive every week to give meals to the Homeless in Santa Monica; we are looking for donations for this outreach.

Donations such as bread, juice boxes, fruit snacks, chips and snacks are always welcome!

Brought to you by Campus Ministry

**Language Placement Exam**

Tuesday, November 18th

8:15 AM—9:15 AM

H 201

Must sign up on MSMC Portal under  
Academic Advisement

**Math Placement Exam**

Friday, November 21st

2:30 PM—4:00 PM

Library 4th Floor

Must sign up on MSMC Portal under  
Academic Advisement



From the Biology &amp; Political Science Departments

ARE YOU SOMEONE WHO LOVES ALL THINGS GREEN?

*Do you enjoy growing plants?*

HERE IS YOUR OPPORTUNITY!

Come to a meeting to Learn More!

WHEN: Wednesday,  
October 15, 2014  
2:20-3:20 PM

WHERE: The Garden  
(located behind Administration  
Building)

**GET INVOLVED AND GROW!**

For questions or more information contact:

Kelly Hernandez at [kellhern@mymsmc.la.edu](mailto:kellhern@mymsmc.la.edu)Lelann Gillham at [lelagill@mymsmc.la.edu](mailto:lelagill@mymsmc.la.edu)

# OCTOBER

## Alcohol & Drug Awareness



THESE SIMPLE TIPS CAN HELP YOU ACHIEVE  
**WELLNESS....The Mount Way!**

1. Resist the urge to drink to fit in.
2. Friends should be supportive of you if you say, "No thanks."
3. Find ways to have fun sober.



FOR MORE INFORMATION CALL:

310-954-4110 OR 213-477-2685



# The Spanish Club

would like to welcome all fellow  
athenians to our upcoming  
General Meeting.

Date: Oct. 13th

Time: 11:30AM-12:30PM

Location: Chalon  
Campus Center

Come interact, and  
become more informed  
about our club!

For more information you may contact: Jerica Luce

(President of the Spanish Club)

[jeriluce@mymsmc.la.edu](mailto:jeriluce@mymsmc.la.edu)

# Weekend Events

**Friday 10/17**

Take the Santa Monica Stop-Trans to  
Bayshore Lanes  
Bowling Center!

**Saturday 10/18****Movie Night!**

Brady 1st Lounge

7pm-9pm

Come watch "Halloweentown!"

Enjoy snacks while decorating a photo coaster.

**Sunday 10/19**

Join the Mount Community in  
Mass @ 7pm



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmc.la.edu](mailto:athenianweekly@msmc.la.edu)





# Athenian Weekly



Athenian Promise: I will support a culture of diversity by respecting the rights of those who differ from me. (4 out of 6)

Volume 1, Issue No. 13

Monday, October 27, 2014

Published by the Student Affairs Office

## We are Hiring Apply today!

**Dept. of Campus Security & Residence Life Office**  
Is offering the dual position of  
**"Student Safety Mentor/Resident Community Safety Advocate"**

This unique position offers 20% off Room and Board fees as well as Work Study, the ability to create new and exciting student programs focused on issues directly affecting women within higher education and assist in projects that promote safety for the Community. This candidate will also work with both Residence Life Office and Dept. of Campus Security.

### **Duties Include.**

1. Work closely with Residence Life Office and Dept. of Campus Security.
2. Weekly safety checks of the residence halls and outside perimeter of residence halls as directed by Campus Security and Residence Life.
3. Assist with all campus wide emergency drills.
4. Research and Develop programs focused on women's safety.
5. Design and create decorations.
6. Promote programming.
7. Assist with special events.

### **Applications available at:**

Campus Security-Circle (10am-4:30pm)

**Questions?** Call 310-954-4007

### **Applications due.**

Friday, October 31st at 4:30pm

## **Campus Security Safety Tips- Week Ten: Campus Fire Safety Awareness Month—Tip #4**



### **To survive a fire:**

- If there is smoke in the room, keep low to the floor.
- Try to exit the room. Feel the doorknob, if it is hot, do not open the door.
- If the doorknob is not hot, brace yourself against the door and crack it open. If there is heat or heavy smoke, close the door and stay in the room.
- Don't panic, call 911 and Campus Security immediately.
- Seal up the cracks under the door with sheets, or towels. If there is smoke in the room, crack the windows at the bottom and at the top if possible to allow for ventilation.



*Safety Tips are brought  
to you by the  
Dept. of Campus Security.  
Stay Informed, Stay Alive.*



## **Doheny Haunted Campus**

### **Special Shuttle!**



On Friday October 31st, there will be a special shuttle to the Doheny Haunted Campus.

**Shuttle Leaves Chalon: 4:00 pm**

**Shuttle Returns to Chalon: 9:30 pm**

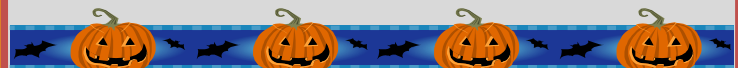
Students are welcomed to come and **enjoy** the haunted campus, **maze**, and to **volunteer!**

All students who take the shuttle to Doheny **MUST RETURN** on the shuttle to Chalon. **Pick up** will be in the **AAA parking lot**.

Students **CANNOT** remain at the Doheny campus or downtown.

Contact **Campus Ministry** if you would like to reserve a seat at  
(310) 954-4125.

Brought to you by Campus Ministry





# REGISTRATION WEEK

**Seniors - Nov 3<sup>rd</sup>**

**Juniors - Nov 4<sup>th</sup>**

**Sophomores - Nov 5<sup>th</sup>**

**Freshmen - Nov 6<sup>th</sup>**

ALL STUDENTS MUST MEET WITH THEIR ADVISORS PRIOR TO REGISTRATION WEEK



## SPOOKY TOWN HALL MEETING

**Date:** Oct. 28th, 2014

**Time:** 5 - 6pm

**Location:** Brady 1st lounge

Come learn about cleanliness and recycling techniques!



### Learning Assistance Programs/ISAE

H-207-Ext. 414



#### LAP Workshop

Are you having trouble writing your research paper? Then attend the LAP Workshop *On Being a Detective: Putting the Search Back in Research* on Monday, October 27<sup>th</sup> from 4:45pm-5:45pm or Thursday, October 30<sup>th</sup> from 1:00pm-2:00pm. Sign up outside the Learning Center Humanities 207.

#### Attention ISAE Students

Join us on Friday, November 7<sup>th</sup> at 5:30pm at the Doheny Rose Hills Auditorium as we watch *Tamale Road*, a documentary about Marcos Villatoro's search for his family in El Salvador. His search for the Reyes family is more than curiosity; it's his obsession. Sign-Up is in the Learning Center. Don't forget your \$20 Refundable Deposit.

#### ATTENTION ISAE FRESHMEN!!!

The ISAE participation agreement states that each ISAE freshman **will meet** with her ISAE counselor and her Peer Advisor **THREE times** during the **fall and spring semesters**. Schedule your counselor appointments in the Learning Center and schedule your PA appointment directly with your PA.

#### Deadlines for ISAE Students to meet with their ISAE Counselor & Peer Advisor for Spring 2013:

Freshmen – October 30<sup>th</sup>, December 3<sup>rd</sup>

Sophomores – October 30<sup>th</sup>, December 3<sup>rd</sup>

Juniors & Seniors – December 3<sup>rd</sup>

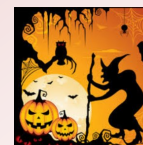


### *Thank you from the Bursar's Office!*

The Bursar's Office would like to thank everyone who supported our Financial Literacy Workshops this month. We hope you enjoyed them, and learned something new about the Business Office and the services we provide!



*Have a Safe  
&  
Fun Halloween!*





# All Day Halloween Movies

Including:

Thursday Theater Presents:

Corpse Bride

Where: Student Lounge

When: October 30, 2014

12:30-2:30 and 4:30-6:30

Spooky Student Lounge

from 9:00 am-6:00pm

Free popcorn at  
selected times

Sponsored by Student Programming & Commuter Services • H200A •

(310) 954 - 4120 • StudentProgramming@msmc.la.edu

## "THIS IS HALLOWEEN"

COMMUTER GATHERING

Join SPCS for Halloween fun!

Thursday, October 30, 2014

12:30-2:00PM

@ Admin Lawn

Follow us!

#chaloncommuter

@SPCSmakesithappen

@msmc\_spcs

DON'T FORGET  
YOUR COMMUTER  
STICKER!



STUDENT PROGRAMMING & COMMUTER SERVICES | H200A | (310) 954-4120

### Student Programming & Commuter Services

#### Presents Halloween's Pumpkin Carving & Decorating Social Media Contest

Carve out a pumpkin or decorate it to WIN!

Follow us on Twitter and Instagram and post  
your picture using the appropriate hashtags!

The pictures with the most likes will be chosen  
as the winners.

Winners will be chosen October 30 at midnight!

Winners will be announced October 31st at  
8:30am!

You must be following us & use our  
hashtags to enter!!



<https://www.facebook.com/MSMCStudentProgramming>

#halloweek

#pumpkindecorating



Sponsored by Student Programming and Commuter Services | H200A |

(310) 954-4120 | StudentProgramming@msmc.la.edu



Come join us for movie night!

October 27, 2014 @ 6:30pm in Hannon  
Parlor

Watch *L'Auberge Espagnole* and learn  
about French and other European  
cultures!

\*\*\*\*\*

Can't make it?

Weekly lunch meetings on Brady Patio  
Every Monday 12-1pm

Play games and practice your language  
skills!



Participate in more on-campus programs and activities



Meet new people and make life-long friendships



Enjoy more free time to rest, socialize, or study.

Get the total College experience.

## LIVE ON CAMPUS

Commuters can now apply to live on campus for Spring 2015!

We have different types of rooms available at the Chalon and Doheny campus.

If you are interested for on-campus housing, email the

Chalon Residence Life Office at

[chalonresidence@msmc.la.edu](mailto:chalonresidence@msmc.la.edu) or stop by our office in Brady 101 for more information.

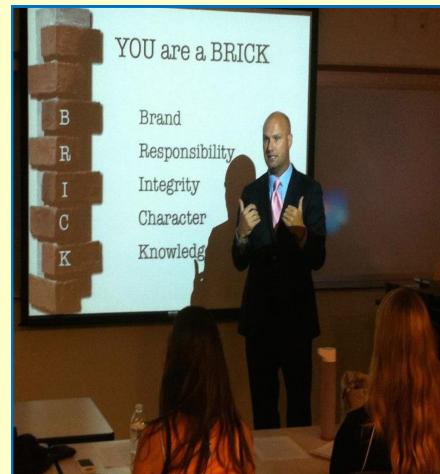


Career Services & Internships Presents:

## *Building Your Professional Brand*

A free career workshop for all students on:

- ♦ *Building a Brand via Social Media*
- ♦ *Interviewing Secrets That Make You Memorable*
- ♦ *Defining Your Elevator Pitch*
- ♦ *Showcasing your Millennial Magic*



Thursday,  
October 30<sup>th</sup>

1-2 p.m.

Chalon,  
Humanities  
201

Free pizza!!

SAVE THE DATE!

## Disaster Blaster

Wednesday, October 29<sup>th</sup>

4:30pm at the Circle

...Are you ready?



CANDY BAR-ZOMBIE APOCALYPSE SURVIVAL BAGS-AND FUN

Speaker: **Gregg Champion**

Executive Producer of Marketing & Media  
Mfactor

A World Class Branding, Creative & Design  
House

## Weekend Events

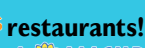
Friday 10/31

HAVE A SAFE AND HAPPY HALLOWEEN!



Saturday 11/1

Head out to Sawtelle and Olympic to explore the different stores and



Sunday 11/2

Chalon Mass of Remembrance @ 7pm



Mass of All Souls' Day/  
Día de los Muertos

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmc.la.edu](mailto:athenianweekly@msmc.la.edu)





# Athenian Weekly



Athenian Promise: I will contribute to the development of a caring community where compassion for others and freedom of thought and expression are valued. (5 out of 6)

Volume 1, Issue No. 14

Monday, November 3, 2014

Published by the Student Affairs Office

## Congratulations

Mount St. Mary's

2014-2015 Women's Soccer Team

Brianna Cadena	Joanna Tejada
Cristina E Garcia	Jocelyn Vasquez
Cristina Gallego	Kelsey Horrigan
Elaine Robles	Lorena Arias
Elizabeth Gavino	Marianna Herrera
Erica Mosley	MyKayla Richards
Gabriela Martinez-Olivera	Onjonet Williams
Genevieve Castro	Rebecca Hernandez
Georgiana Hita	Sandra Medina
Jasmine Vargas	Shelly Macias
Jazmin Hernandez	Vanessa Gonzalez
Jessica Ramirez	Verenise Rios



AO

## ATA Apparel Sale

Monday November 10th  
TO  
Wednesday November 12th

11:30 am - 2:00 pm

Administration Lawn

Last chance to buy our ATA and Nursing Apparel this semester!  
Monday: Come join us for our Hot Chocolate Bar!



## REGISTRATION WEEK

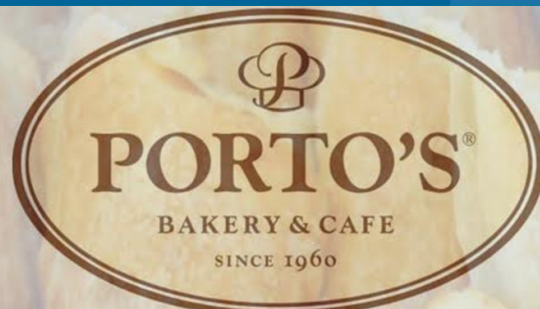
**Seniors** - Nov 3<sup>rd</sup>

**Juniors** - Nov 4<sup>th</sup>

**Sophomores** - Nov 5<sup>th</sup>

**Freshmen** - Nov 6<sup>th</sup>

ALL STUDENTS MUST MEET WITH THEIR ADVISORS PRIOR TO REGISTRATION WEEK



PHi Alpha Delta Porto's  
Bake Sale

Tuesday November 4th

Admin Lawn

12:00 PM - 2:00 PM







## Campus Ministry

### ST. FRANCIS TABLES

Named in honor of our Pope and the saint (Francis of Assisi) who inspired him, **THE FRANCIS TABLE** is a simple way in which the Mount family can help ensure that none of our members go hungry. There is one table in each of the campus chapels on the left side of the front doors. If you are a member of the Mount family, please just leave food when you have more than you need, and take food when you need it. There is no application, no system, no one you need to ask. If you could include a thought of this as you go to the grocery store this weekend, you could make life much easier for a student or colleague at the Mount.



### COOKIES and SAINTS

Monday, Nov. 3 at 2pm  
Humanities first floor



Start your week off with conversation about saints and some yummy cookies!

### VOTE for Your Favorite Saint

Tuesday, Nov. 4 from 11:30 -1:30pm in the Circle at Chalon

Vote for your favorite saint in person, and receive a little goodie!

### HUNGER BANQUET

Learn about world-wide hunger at this interactive meal experience.

Thursday November 6, at 6pm in the Campus Center.

### MASS at Chalon

Sunday, Nov. 9 at 7:00pm in Mary Chapel

Everyone, of every religious tradition, as well as family and friends, are invited to join us for this Eucharistic Liturgy!

#### Spirituality Nights

Tuesday evenings at 9pm in Aldworth  
(Magnificat House)

Come for prayer, and time for reflection with fellow students, Gloria Perea our Resident Minister,  
And Sister Marilyn Binder.

#### Liturgy of the Hours

Monday and Tuesday mornings at 7:30am

And Tuesday and Thursday evenings at 5:00pm

20 minutes of time for reflection on God's love for us and our love for God.

### Visit our HOMELESS and HUNGRY Neighbors near Chalon

Sunday, November 9 Prepare meals at 5:45 p.m. in  
Campus Ministry before Mass.

Come to Mass and be blessed before you deliver the food at 8:15pm to the homeless of Santa Monica.

We accept donations for this project. If you are unable to go serve our neighbors,  
feel free to donate bread, chips, fruit snacks or juice boxes.

#### Annual Catholic-Jewish Women's Conference:

"Keeping Sabbath: Finding Sacred Time in a 24/7-Connected Culture"  
featuring Rabbi Sharon Brous and Sr. Edith Prendergast

Tuesday, Nov. 11, 2014; 8:30am-3:30pm

@ Wilshire Boulevard Temple, Los Angeles



### AT THE MOUNT

with Gabby

**Classes open to ALL MOUNT  
STUDENTS, FACULTY AND STAFF**

#### MONDAYS

**10:20-11:20am DH309 Studio\***

#### WEDNESDAYS

**11:30-12:30pm Chalon Fitness Center  
tennis courts**

## "Pope Francis and the Future of Catholicism"

Wednesday, Nov. 19 at 7:30pm  
at the University Catholic Center at UCLA,  
633 Gayley Avenue. Los Angeles.

Speaker: Boston College theologian Richard  
Gaillardetz.

For more information, contact the University  
Catholic Center at (310)-208-5015

# Tesserae

## Old Music in the New World

Latin American vocal music  
from the early 17th century

Sunday November 2 / 5pm  
Pompeian Room, Doheny Mansion

**FREE admission for MSMC students!**





### Music Department Spring Course Offerings

#### GS IIIA

MUS 25/125 Music Masterpieces: Jazz (3)  
 MUS 3 Discovering Music Fundamentals (3)  
 MUS 17/117 Women in Music (3)  
 MUS 6/106 Varieties of Music (3)

### Play or Sing in a Music Department Ensemble

MUS 19/119 Mount Chorus (0-1)  
 MUS 60/160 Mount Orchestra (0-1)  
 MUS 23/123 Chamber/Jazz Combo (0-1)

### Even more for all students at the Mount:

MUS 8 Piano Class,  
 MUS 27 Strings:Guitar Class  
 MUS 13/113 Applied Lessons in voice, clarinet, flute, violin,  
 cello, guitar, harp, and more\*  
 \*approval of department chair required for applied instruction.



# MAKE MUSIC. AT THE MOUNT

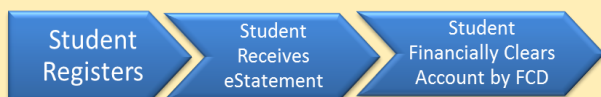
The Mount Orchestra is open to any Mount student, faculty, or staff member as well as the larger college community.



To join an orchestral ensemble, or for more information  
 please contact Chet Swiatkowski  
[cswiatkowski@msmc.la.edu](mailto:cswiatkowski@msmc.la.edu)

### The Bursar's Office Would like to remind you...

As you begin to prepare for Spring 2015 advisement and registration, keep in mind that you'll also need to **clear your account!** Remember: Check your statement after you register, and if you owe a balance...  
 Pay it off, or set up a payment plan.



Doing a **health insurance waiver** is part of clearance, so don't forget to submit one for Spring!

Our online waiver will be available soon!

### Veteran Outreach Association

#### General Meeting



Monday, November 3rd at 12:30 p.m.

Humanities 403

Join us to learn more about  
 the VOA club!

Questions? Contact us at [msmc.voa@gmail.com](mailto:msmc.voa@gmail.com)



## Get It Now, Get It Anywhere!

Download the free "Ellucian Go" app from Google Play or the Apple App Store and select MSMC.

Use the MSMC Mobile App to access these features and others on your mobile device!

### View Shuttle Schedules!

Schedules for shuttles between campuses,  
 Union Station Shuttle (Doheny), and Stop Trans (Chalon).

### See Class Cancellations

List of classes that have been  
 cancelled for the current day.

Brought to you by the Office of  
 Information Technology

Tools
Grades
Courses
Notifications
Class Cancellations
Information
Maps
Important Numbers
News
Event Calendar
Academic Calendar
Chalon Bookstore
Doheny Bookstore
Chalon Dining
Doheny Dining
Fitness Center

### Shuttle Schedules

Effective 8/25/2014

MOUNT ST. MARY'S COLLEGE  
 SHUTTLE SCHEDULE FALL 2014  
 (Shuttles through Friday)

Route	Depart Doheny	Arrive Chalon	DRIVER	Route	Depart Chalon	Arrive Doheny	DRIVER
1	7:25 a.m.	8:00 a.m.	A	23	6:00 a.m.	6:40 a.m.	A
2	8:00 a.m.	8:30 a.m.	B	24	7:00 a.m.	7:45 a.m.	B
3	8:30 a.m.	9:00 a.m.	C	25	7:30 a.m.	8:05 a.m.	C
4	9:00 a.m.	9:30 a.m.	A	26	8:00 a.m.	8:30 a.m.	D
5	9:30 a.m.	10:00 a.m.	D	27	8:15 a.m.	8:55 a.m.	A
6	9:50 a.m.	10:20 a.m.	B	28	8:30 a.m.	9:15 a.m.	B
7	10:00 a.m.	10:30 a.m.	C	29	11:30 a.m.	12:15 a.m.	C
8	10:30 a.m.	11:00 a.m.	U	30	12:00 p.m.	12:45 p.m.	DH
9	10:50 a.m.	11:20 a.m.	A	31	12:15 p.m.	1:00 p.m.	A
10	11:15 a.m.	11:45 a.m.	DH	32	1:00 p.m.	1:45 p.m.	B
11	11:30 a.m.	12:00 a.m.	B	33	1:00 p.m.	1:35 a.m.	C
12	12:30 p.m.	1:15 p.m.	C	34	2:00 p.m.	2:55 p.m.	D
13	2:00 p.m.	2:45 p.m.	D	35	3:00 p.m.	3:55 p.m.	H
14	2:00 p.m.	2:45 p.m.	DH	36	4:00 p.m.	5:00 p.m.	F
15	3:00 p.m.	3:45 p.m.	F	37	4:30 p.m.	5:15 p.m.	J
16	4:00 p.m.	4:45 p.m.	DH	38	5:00 p.m.	5:45 p.m.	DH
17	5:00 p.m.	5:45 p.m.	E	39	6:00 p.m.	7:15 p.m.	E
18	5:30 p.m.	6:25 p.m.	F	40	6:30 p.m.	7:45 p.m.	F
19	6:30 p.m.	7:30 p.m.	G	41	7:30 p.m.	8:20 p.m.	G
20	7:30 p.m.	8:15 p.m.	G	42	8:30 p.m.	9:15 p.m.	E
21	8:30 p.m.	9:15 p.m.	F	43	9:00 p.m.	10:15 p.m.	E
22	9:30 p.m.	10:15 p.m.	G	44	10:00 p.m.	11:15 p.m.	G

\*There will be no Friday Shuttle service is available for current Students/Faculty/Staff and Old Students only. Arrival time may vary depending on traffic conditions. COLLEGE I.D. IS REQUIRED.

## SING AT THE MOUNT

Any Mount student can join a choir for credit or as an extracurricular activity. Regardless of your background or level of experience, we have a choir for you!



To join a choir, or for more information please contact  
Dr. Therese Fassnacht, music department chair  
tfassnacht@msmc.la.edu

## FACULTY SAXOPHONE RECITAL

NOVEMBER 5 7:30PM  
HANNON THEATER

### Campus Security Safety Tips-

#### Week Eleven: Alcohol Awareness- Fact 1

National Council on Alcoholism and Drug Dependency reports approx. 5,000 young people, under the age of 21, die as a result of underage drinking. This includes about 1,900 deaths from motor vehicle crashes, 1,600 as a result of homicides, 300 from suicide, and hundreds from other injuries such as falls, burns, and drowning. Approximately 600,000 college students are unintentionally injured while under the influence of alcohol. Approximately 700,000 students are assaulted by other students who have been drinking and about 100,000 students are victims of alcohol-related sexual assault or date rape (from NCADD Fact Sheet: Facts About Underage Drinking).



Safety Tips are brought to you by the Dept. of Campus Security.

Stay Informed, Stay Alive



## CPS TIP OF THE WEEK

### BEAT PROCRASTINATION!!

Midterms are over and finals are just around the corner. Taking time to relax is important, but be careful of falling into the pattern of procrastination. Procrastination is a fairly common behavior for college students. Interestingly, procrastination is only remotely related to time management, (procrastinators often know exactly what they should be doing, even if they cannot do it), which is why very detailed schedules are usually no help. Here are some tips to help you avoid falling prey to procrastination:

- Stay current with homework and readings. If you are too far behind when finals hit, then your stress will be greater and it will be more difficult to find motivation to study. Make tasks look small and easy ("I've done lots of papers before, this is just one more.")
- Try the five-minute plan: Work on something for just five minutes. At the end of five minutes, switch to something else if you want. Chances are, you'll get involved enough to keep going.
- Get help from your friends! Find friends who are consistent studiers and make them role models. Advertise your plans to study so your friends can provide peer pressure to encourage you to finish your work.
- And finally, schedule time to relax and socialize as a reward after you have completed some of your tasks.

Adapted from California Polytechnic State University Academic Services Center

Remember that CPS is here for you and is always free and confidential



Counseling and Psychological Services

Chalon: (310) 954-4114, Doheny: (213) 477-2668



## Weekend Events

### Friday 11/7

Come to the Athenian Café  
at the Chalon: Coffee Bar  
4:00 PM-5:30 PM  
Enjoy yummy treats and drinks!!



### Saturday 11/8

Love Italian food??  
Then Pomodoro Trattoria  
for you!  
It is located on  
1393 Westwood Blvd. LA, CA 90024



### Sunday 11/9

Join the Mount  
Community for  
Mass @ 7 PM in the Chapel



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!  
Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmc.la.edu







# Athenian Weekly



Athenian Promise: I will honor, challenge and contribute to the scholarly heritage left by those who preceded me and work to leave this a better place for those who follow. (6 out of 6)

Volume 1, Issue No. 15

Monday, September 10, 2014

Published by the Student Affairs Office



**Thursday Theater Presents:**

**November 13, 2014**

**Julie & Julia**

**Student Lounge**

**12:30 - 2:30pm**

**&**

**4:30 - 6:30pm**

Sponsored by Student Programming & Computer Services • H200A •  
(310) 954 - 4120 • StudentProgramming@msmc.la.edu


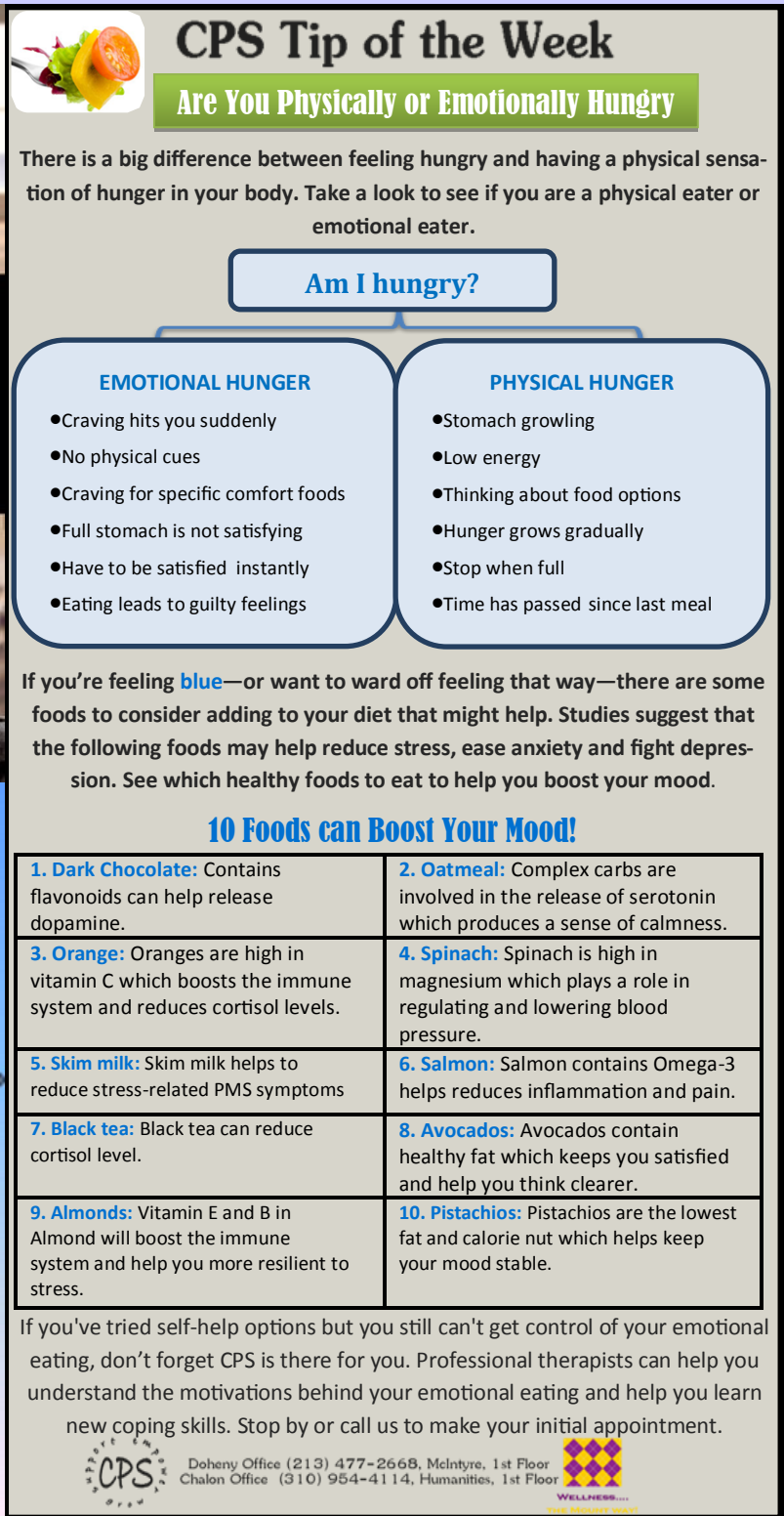
**Help the African American Council of Women raise Diabetes Awareness!**

**STEP OUT | WALK TO STOP DIABETES**

**American Diabetes Association.**

**November 15<sup>th</sup>**  
Griffith Park  
4730 Crystal Springs Drive, Los Angeles, CA 90027  
9 AM Registration Begins  
11 AM Walk Starts

For more information the AACW will be on the **Administration Lawn**  
**November 11<sup>th</sup> and 12<sup>th</sup>**  
**10AM-2PM**

## CPS Tip of the Week

### Are You Physically or Emotionally Hungry

There is a big difference between feeling hungry and having a physical sensation of hunger in your body. Take a look to see if you are a physical eater or emotional eater.

**Am I hungry?**

**EMOTIONAL HUNGER**

- Craving hits you suddenly
- No physical cues
- Craving for specific comfort foods
- Full stomach is not satisfying
- Have to be satisfied instantly
- Eating leads to guilty feelings

**PHYSICAL HUNGER**

- Stomach growling
- Low energy
- Thinking about food options
- Hunger grows gradually
- Stop when full
- Time has passed since last meal

If you're feeling **blue**—or want to ward off feeling that way—there are some foods to consider adding to your diet that might help. Studies suggest that the following foods may help reduce stress, ease anxiety and fight depression. See which healthy foods to eat to help you boost your mood.

**10 Foods can Boost Your Mood!**

<b>1. Dark Chocolate:</b> Contains flavonoids can help release dopamine.	<b>2. Oatmeal:</b> Complex carbs are involved in the release of serotonin which produces a sense of calmness.
<b>3. Orange:</b> Oranges are high in vitamin C which boosts the immune system and reduces cortisol levels.	<b>4. Spinach:</b> Spinach is high in magnesium which plays a role in regulating and lowering blood pressure.
<b>5. Skim milk:</b> Skim milk helps to reduce stress-related PMS symptoms	<b>6. Salmon:</b> Salmon contains Omega-3 helps reduce inflammation and pain.
<b>7. Black tea:</b> Black tea can reduce cortisol level.	<b>8. Avocados:</b> Avocados contain healthy fat which keeps you satisfied and help you think clearer.
<b>9. Almonds:</b> Vitamin E and B in Almond will boost the immune system and help you more resilient to stress.	<b>10. Pistachios:</b> Pistachios are the lowest fat and calorie nut which helps keep your mood stable.

If you've tried self-help options but you still can't get control of your emotional eating, don't forget CPS is there for you. Professional therapists can help you understand the motivations behind your emotional eating and help you learn new coping skills. Stop by or call us to make your initial appointment.

**CPS**  
Doheny Office (213) 477-2668, McIntyre, 1st Floor  
Chalon Office (310) 954-4114, Humanities, 1st Floor

**WELLNESS**  
Your Mind Your Way



# DRESS FOR SUCCESS MEETS INTERVIEWING:

## *How to Succeed with Your Best Heels Forward*

Join us for this free workshop to discover how to "dress for success" and brand yourself for a stellar interview.

Learn interview tips that will help you get an edge over other candidates.

**Did you know you only have 7 SECONDS to make a strong FIRST IMPRESSION?**



### 3 WAYS TO PARTICIPATE:

**VISIT:** The Dress for Success info table in front of Hannon Theater at Chalon: 11 a.m. – 12:30 p.m. on Nov. 13th

**DONATE:** For an Accessory Drive for items such as scarves, belts, jewelry and purses to be donated to women seeking employment; box located in **Career Services:**

Chalon: H401; Doheny: Bldg. 11, 2<sup>nd</sup> floor.

You may bring items to info table on day of as well.

**LEARN:** About appropriate business attire, branding yourself and putting your best heels forward in an interview.

Attend our workshop: 1-2 p.m. in Humanities 201 with speaker:

**BRYNNE ZANIBONI**  
Branch Manager  
Dress for Success

**Date: Thursday, November 13th**

**Brought to you by:**  
Career Services & Internships  
in partnership with  
**Dress for Success**

**Dress for Success** promotes the economic independence of disadvantaged women by providing professional attire, a network of support and the career development tools to help women thrive at work and in life.

**Follow @DFSWest**

# SING AT THE MOUNT

Any Mount student can join a choir for credit or as an extracurricular activity. Regardless of your background or level of experience, we have a choir for you!



To join a choir, or for more information please contact  
Dr. Therese Fassnacht, music department chair  
tfassnacht@msmc.la.edu



### Music Department Spring Course Offerings

#### GS IIIA

MUS 25/125 Music Masterpieces: Jazz (3)

MUS 3 Discovering Music Fundamentals (3)

MUS 17/117 Women in Music (3)

MUS 6/106 Varieties of Music (3)

### Play or Sing in a Music Department Ensemble

MUS 19/119 Mount Chorus (0-1)

MUS 60/160 Mount Orchestra (0-1)

MUS 23/123 Chamber/ Jazz Combo (0-1)

### Even more for all students at the Mount:

MUS 8 Piano Class,

MUS 27 Strings:Guitar Class

MUS 13/113 Applied Lessons in voice, clarinet, flute, violin, cello, guitar, harp, and more\*

\*approval of department chair required for applied instruction.



# MAKE MUSIC AT THE MOUNT

The Mount Orchestra is open to any Mount student, faculty, or staff member as well as the larger college community.



To join an orchestral ensemble, or for more information  
please contact Chet Swiatkowski  
cswiatkowski@msmc.la.edu



Get the total College experience.

## LIVE ON CAMPUS

Commuters can now apply to live on campus for Spring 2015! We have different types of rooms available at the Chalon and Doheny campus.

### Become a resident in 4 easy steps:

Step 1: Fill out a Housing Pending Status Form and turn in at the Chalon or Doheny Residence Life office.

Step 2: Registered for 12 units or more.

Step 3: Clear any holds on your account (Business Office, Health Services, Registrar's Office, Financial Aid, etc.)

Step 4: Pay the Housing Deposit at the Business office after Residence Life has contacted you.

Email: [chalonresidence@msmc.la.edu](mailto:chalonresidence@msmc.la.edu)  
Phone: (310) 954-4325 | Office: Brady 101



Participate in more on-campus programs and activities



Meet new people and make life-long friendships



Enjoy more free time to rest, socialize, or study

## ATA Apparel Sale

Monday November 10th  
TO  
Wednesday November 12th

11:30 am - 2:00 pm

Administration Lawn

Last chance to buy our ATA and Nursing Apparel this semester!  
Monday: Come join us for our Hot Chocolate Bar!



### ACADEMIC ADVISEMENT

Phone: (310) 954-4070 • Room: H401  
Email: [advisement@msmc.la.edu](mailto:advisement@msmc.la.edu)

Visit us on the **MSMC Portal!** - just log onto MyMSMC and click on **Academic Advisement** under the Academics tab

#### Chalon Advisement Fall 2014 DROP-IN HOURS:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00am-11:00am 1:00pm-2:00pm	10:00am-11:00am 1:00pm-2:00pm	10:00am-11:00am 1:00pm-2:00pm	10:00am-11:00am 1:00pm-2:00pm	10:00am-11:00am 1:00pm-2:00pm



### The Bursar's Office

*Would like to remind you...*

As you go through Spring 2015 advisement and registration, keep in mind that you'll also need to **clear your account!**

Remember: Check your statement after you register, and if you owe a balance...

- ◆ Pay it off, or
- ◆ Set up a payment plan

Student  
Registers

Student  
Receives  
eStatement

Student  
Financially Clears  
Account by FCD

Financial Clearance Deadline dates can be found online at  
<http://www.msmc.la.edu/student-life/business-office/forms-financial-documents/business-office-clearance-deadlines.asp>

Doing a **health insurance waiver** is part of clearance, so don't forget to submit one for Spring! Our online waiver will be available soon!

## Lighting of the Circle



DATE: TUESDAY, NOV. 18, 2014  
LOCATION: THE CIRCLE  
TIME: 6PM-8PM



## MSMC Senior Yearbook Sessions on Campus!

NOVEMBER  
SENIOR PORTRAITS  
November 10-12th @ Visitors Lounge

Limited time so sign up online today!

Go to

<http://www.artistryfoto.com>



Choose "Make an Appointment" in the menus  
If you are new to artistryfoto you will need to  
register first please.

Credit Card  
required to secure your session.



Stop by Student Health Services during our regular  
business hours in November and receive a

Wellness....  
the Mount way!

**FREE GIFT and take the PLEDGE TO BE SMOKE FREE!**



FOR MORE  
INFORMATION  
CONTACT STUDENT  
HEALTH SERVICES



**National Hunger & Homelessness Awareness Week-November 15-21**

- A Night in the Life - The Sleep Out - Tuesday November 18<sup>th</sup> 8pm to Wednesday November 19<sup>th</sup>, 7am in the circle.
- Volunteer at the LA Food Bank - Saturday November 15<sup>th</sup>
- Faith sharing group at 11:30 Wed. Nov. 12th in Mary Chapel

For more information contact Campus Ministry at  
310-954-4125

Save the Date! Save the Date!

**Scholar Fair**  
**Tuesday, November 18th**  
**2-4pm in the Circle**

Kick-start studying for finals  
at this fun fair!

Interested in getting involved with the fair?  
Want your own booth?  
Contact the Scholar Mentor Club at  
[scholarmentors@msmc.la.edu](mailto:scholarmentors@msmc.la.edu)

**Campus Security Safety Tips- Week Twelve:**  
**Alcohol Awareness- Fact 2**

National Council on Alcoholism and Drug  
Dependency reports underage drinking is a risk  
factor for heavy drinking later in life, and  
continued heavy use of alcohol leads to  
increased risk across the lifespan for acute  
consequences and for medical problems such as  
cancers of the oral cavity, larynx, pharynx, and  
esophagus; liver cirrhosis; pancreatitis; and  
hemorrhagic stroke. (U.S. Department of Health and  
Human Services, Office of the surgeon  
General. March 2007. *The Surgeon General's Call to  
Action To Prevent and Reduce Underage Drinking.*)

Safety Tips are brought to you by  
the Dept. of Campus Security.  
Stay Informed, Stay Alive



**Weekend Events**

**Friday 11/14**

Like romantic movies?  
Then go watch  
"BEYOND THE LIGHTS"  
this Friday!

**Saturday 11/15**

Take a hike on the fire trail!  
Enjoy the view,  
bring a friend, and don't  
forget your water bottle!

**Sunday 11/16**

Mass @ 7PM  
Chalon Mary Chapel



Athenian Café: 4-5:30 PM  
Coffee Bar



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!  
Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmc.la.edu](mailto:athenianweekly@msmc.la.edu)





# Athenian Weekly




Athenian Promise: I will embrace the concept of a civil community which does not tolerate violence, theft, bigotry, or harassment of others in any form. (1 out of 6)

Volume 1, Issue No. 16

Monday, November 17, 2014

Published by the Office of Student Affairs





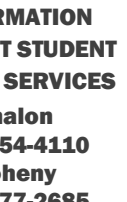


★ THE GREAT AMERICAN ★  
**SMOKEOUT**  
IS ON  
November 20, 2014

**Wellness....  
the Mount way!**

Stop by Student Health Services during  
our regular business hours in November  
and receive a  
**FREE GIFT** and take the **PLEDGE TO BE SMOKE FREE!**


**FOR MORE  
INFORMATION  
CONTACT STUDENT  
HEALTH SERVICES**  
**Chalon**  
**310-954-4110**  
**Doheny**  
**213-477-2685**

## Lighting of the Circle

Caroling  
Hot Chocolate  
Christmas Spirit  
Yummy Goodies

Date: Tuesday, Nov. 18, 2014  
Location: The Circle  
Time: 6pm-8pm



### CPS Tip of the Week

## STAYING MOTIVATED!



**CONGRATULATIONS!** You've made it more than halfway through the semester! BUT, we're not quite to the end yet, stay motivated. Here are a few tips to help!

- **Remember what your goal is:** It can be easy during this part of the semester to lose sight of why you are working so hard. Clarify what you want, and remind yourself why it's important to you!
- **Set small reasonable goals for yourself:** Give yourself time to accomplish your goal! Don't try to do too much too quickly!
- **Think about how you'll feel AFTER you reach your goal:** Instead of focusing on how difficult something might be in the moment, think about all of the positive feelings you'll have AFTER to help you keep going!
- **Ask for help:** Remember, don't try to do it all by yourself! Maybe ask a friend to be a study buddy or a workout buddy.
- **Be kind to yourself:** Beating yourself up for not always doing as well as you would like, keeps you feeling down. Instead, try using the same encouraging words for yourself that you would use for your friends/family.

**YOU CAN DO IT!**

### For the Love of Wisdom



## Scholar Fair

Play wisely with educational games at the Scholar Fair!!!  
Where Education & Play Commingle!

**Date:** Tuesday, November 18th  
**Time:** 2:00 PM - 4:00 PM  
**Place:** The Circle on the Chalon Campus

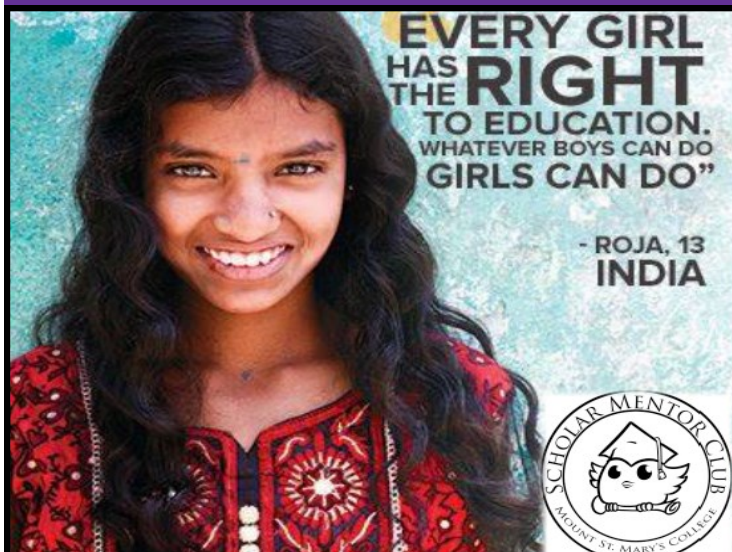
Please stay for a Screening of **Girl Rising**  
at 4:00 PM in Hannon Theater

To participate with a booth or game suggestions,  
Please contact Dr. Micah Daily  
| 310.954.4142 or mdaily@msmc.la.edu |

Sponsored by the Scholar Mentor Club in partnership with the Learning Assistance Programs







**"Girl Rising", A Film**  
A Global Campaign for  
Girls' Education

**Four Screenings**

Chalon Campus: Hannon Theater:  
**Tuesday, Nov. 18th, 4:00 - 6:00 pm**  
Following the Scholar Fair

Doheny Campus, Rose Hills Auditorium:  
**Tuesday, Nov. 25th, 12:00 - 3:00 pm**

Chalon Campus: Hannon Theater:  
**Wednesday, Nov. 26th, 4:00 PM - 6:00 PM**

Chalon Campus: Hannon Theater:  
**Thursday, Dec. 4th, 4:00 PM - 6:00 PM**

*Sponsored by the Learning Center and the Scholar Mentor Club  
Dr. Micah Daily, Associate Director and Michele Lewis, Director for  
Learning, Assistance Programs, Dr. Rosalyn Kempf, Director for  
Women's Leadership, Marlene Simon, Director for Career Services and  
Internships, Faraah Mullings, Director for Student Activities and  
Commuter Services, Kimberly Terrill, Director for Community  
Engagement and Career Services*

## SING AT THE MOUNT

Any Mount student can join a choir for credit or as an extracurricular activity.  
Regardless of your background or level of experience, we have a choir for you!



To join a choir, or for more information please contact  
Dr. Therese Fassnacht, music department chair  
tfassnacht@msmc.la.edu

Student Programming & Commuter Services  
presents

# FALL FAIR

**Thursday, November 20 2014**

**12:30-2:30 PM**

**Administration Lawn**

- ◇ Games ◇ Food
- ◇ Crafts
- ◇ Live Entertainment

featuring

**Matthew Jude**



Student Programming & Commuter Services H200A (310)954-4120 studentprogramming@msmc.la.edu



## BLOOD DRIVE

Be Thankful for your good health...

**DONATE BLOOD**

**Mount St. Mary's College**

**Tuesday, November 25, 2014**

**12 PM to 5 PM**

**Chalon Campus in the Campus Center**

### MAKE YOUR LIFE-SAVING APPOINTMENT NOW!

To Sign up email: [Sherry.Arroyo@providence.org](mailto:Sherry.Arroyo@providence.org)

Hosted by:

CNSA and Chalon Associated Student Body

Contact CNSA Vice President: Niko Africano at  
[nikoafri@mymsmc.la.edu](mailto:nikoafri@mymsmc.la.edu)

Contact Saint John's Health Center at 310-829-8886 or  
email at [Sherry.Arroyo@providence.org](mailto:Sherry.Arroyo@providence.org) with questions.

As a token of our appreciation, all donors will receive a  
coupon for a Pint of Baskin Robbins Ice Cream and can be  
entered into a drawing for a \$100 Gift Card for The Lobster.

[providence.org/saintjohns](http://providence.org/saintjohns)



## MUS 29: GUITAR CLASS

Spring 2015, Doheny Campus



Learn how to play the guitar via music that you choose and want to play!

Lessons are offered in a stress-free, progress-at-your-own-pace environment.

For more information contact Peter Zaferes at [pzaferes@msmc.la.edu](mailto:pzaferes@msmc.la.edu)

## MAKE MUSIC AT THE MOUNT

The Mount Orchestra is open to any Mount student, faculty, or staff member as well as the larger college community.



To join an orchestral ensemble, or for more information please contact Chet Swiatkowski  
[cswiatkowski@msmc.la.edu](mailto:cswiatkowski@msmc.la.edu)

## HEALTH INSURANCE

Mount St. Mary's College

2015



Health Insurance Waiver

Health Insurance Coverage

Available: November 14, 2014 Spring Summer Insurance

Deadline: January 31, 2015 \$1,037.84 (1/2/15-8/15/15)

Check your Mount St. Mary's email for weekly reminders and feel free to call the business office if you have any questions at (310)954-4040 or (213)477-2540

ONLINE INSURANCE WAIVER: <http://www.msmc.la.edu/insurance>

## Thursday Theater Presents:



12:30-2:30pm & 4:30-6:30pm

Sponsored by Student Programming & Commuter Services • H200A  
• (310) 954 - 4120 • [StudentProgramming@msmc.la.edu](mailto:StudentProgramming@msmc.la.edu)

## Campus Security Safety Tips- Week Thirteen: Alcohol Awareness – Fact 3

National Council on Drug Dependency reports underage alcohol use increases the risk of physical and sexual assault, academic failure, illicit drug use, and tobacco use; and can cause a range of physical consequences, from hangovers to death from alcohol poisoning. It can cause alterations in the structure and function of the developing brain, which continues to mature into the mid to late twenties, and may have consequences reaching far beyond adolescence.

(U.S. Department of Health and Human Services, Office of the Surgeon General. March 2007. *The Surgeon General's Call to Action To Prevent and Reduce Underage Drinking.*)

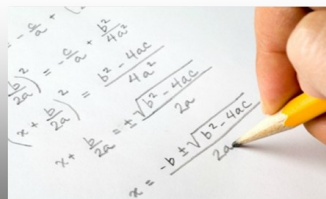
Safety Tips are brought to you by the  
Dept. of Campus Security.



## Math Placement Exam

Fri, Nov. 21<sup>st</sup>  
2:30pm-4:00pm  
Library 4th floor

Must sign up on the MSMC Portal  
under Academic Advisement



## Language Placement Exam

Tues, Nov. 18<sup>th</sup>  
8:15am-9:15am  
H 201

Must sign up on the MSMC Portal  
under Academic Advisement







### Music Department Spring Course Offerings

#### GS IIIA

MUS 25/125 Music Masterpieces: Jazz (3)  
 MUS 3 Discovering Music Fundamentals (3)  
 MUS 17/117 Women in Music (3)  
 MUS 6/106 Varieties of Music (3)

### Play or Sing in a Music Department Ensemble

MUS 19/119 Mount Chorus (0-1)  
 MUS 60/160 Mount Orchestra (0-1)  
 MUS 23/123 Chamber/ Jazz Combo (0-1)

### Even more for all students at the Mount:

MUS 8 Piano Class,  
 MUS 27 Strings:Guitar Class  
 MUS 13/113 Applied Lessons in voice, clarinet, flute, violin,  
 cello, guitar, harp, and more\*  
 \*approval of department chair required for applied instruction.



### Done with Summer School?

If you took summer school courses at a local  
 community college, be sure to:

1. Follow the articulation agreement found under the Transfer Credit Tab on the Academic Advisement Portal website.
2. Complete and turn in a Transfer of Credit Clearance Form. Transfer of Credit Clearance Forms are located in the Academic Advisement Center.
3. Have your official transcripts from the college that you took summer class mailed directly to the Mount. Until the official transcripts are received, the course cannot be added on your record.
4. Contact Academic Advisement at x4070 with any transfer course questions.



## ACADEMIC ADVISEMENT

Phone: (310) 954-4070 • Room: H401

Email: [advisement@msmc.la.edu](mailto:advisement@msmc.la.edu)

Visit us on the **MSMC Portal!** - just log onto MyMSMC and click on **Academic Advisement** under the Academics tab

### Chalon Advisement Fall 2014 DROP- IN HOURS:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00am-11:00am 1:00pm-2:00pm	10:00am-11:00am 1:00pm-2:00pm	10:00am-11:00am 1:00pm-2:00pm	10:00am-11:00am 1:00pm-2:00pm	10:00am-11:00am 1:00pm-2:00pm



## Krafting with the Kappas

November 24th

12-2pm

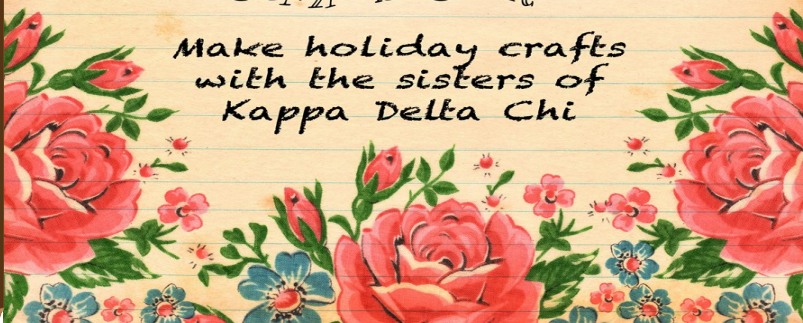
Admin Lawn

&

6:30-8:30pm

Campus Center

Make holiday crafts  
 with the sisters of  
 Kappa Delta Chi



## Weekend Events

### Friday 11/21

**Are you stressing out? Take a break!**  
**Go to 3rd Street Promenade !**

- Watch a movie
- Try a new restaurant
- Shop
- Listen to music
- Treat yourself to dessert



### Saturday 11/22

Have you visited the Getty Center?  
 Saturday Hours: 10 a.m. - 9 p.m.

Parking-\$15

Admission-FREE



### Sunday 11/23

7:00 PM—Mass @

Chalon

"Feast of Christ  
 the King"



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!  
 Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmc.la.edu](mailto:athenianweekly@msmc.la.edu)





# Athenian Weekly



Athenian Promise: I will commit myself to the pursuit of knowledge with personal integrity and academic honesty. (2 out of 6)

Volume 1, Issue No. 17

Monday, November 24, 2014

Published by the Office of Student Affairs

## Thanksgiving Wordsearch



AMERICA  
AUTUMN  
CORN  
CRANBERRYSAUCE  
FAMILY  
GIVETHANKS  
GRAVY  
HARVEST  
INDIANS  
MASHEDPOTATOES  
MAYFLOWER  
NOVEMBER  
PILGRIMS  
PUMPKINPIE  
STUFFING  
THANKSGIVING



Happy Thanksgiving!

## Campus Security Safety Tips-

### Week 14: Holiday Safety-Tip #1

With the Holiday's rapidly approaching it's important to remember safety when you are out shopping for family and friends. Take a few precautions before hitting those sales. Carry only items that you will need. Don't take all your credit cards.

Only carry the amount of cash you will need. Avoid taking a purse if possible and carry your wallet in your front pocket. If you need to use an ATM, use one in a very well-lit public place or inside the shopping mall. Try to park close to your destination and stay away from parking by bushes or anywhere someone can surprise you when you come back to your vehicle. If you feel you are being followed back to Campus, inform Campus Security immediately.



*Safety Tips are brought to you by  
the Dept. of Campus Security.  
Stay Informed, Stay Alive.*



OPEN IN

50 YEARS



## Time Capsule!

PLEASE JOIN US!!!

Share your experience as a Mount St. Mary's College student with future Athenians! Let the Athenians in 2065 know what your favorite part of the Mount is or share your favorite Mount memories!

Everyone is encouraged to participate.

Leave your legacy now!

**GOODBYE MSMC, HELLO MSMU!**

Drop off your items to  
Women's Leadership  
by Friday 12/12  
Questions:  
Leadership@  
msmc.la.edu

Space is limited, please no large items. This is the time to be creative and bring in Mount Saint Mary's University!  
**DEADLINE: FRIDAY 12/12**



Mount Chorus & Singers

## CAROL CONCERT

December 5 mary chapel 8pm

Celebratory seasonal works for women's chorus and harp including Benjamin Britten's Ceremony of Carols  
Therese Fassnacht, conductor Vicente Ditto, accompanist  
Elizabeth Zosseder, harp

Tickets sold at door  
\$5 students, faculty, staff, seniors  
\$10 general  
facebook.com/MSMCmusic





## BLOOD DRIVE

Be Thankful for your good health...

**DONATE BLOOD**

**Mount St. Mary's College**

**Tuesday, November 25, 2014**

**12 PM to 5 PM**

**Chalon Campus in the Campus Center**

### MAKE YOUR LIFE-SAVING APPOINTMENT NOW!

To Sign up email: [Sherry.Arroyo@providence.org](mailto:Sherry.Arroyo@providence.org)

#### REQUIREMENTS

- \* Be in good health
- \* Bring a valid photo ID
- \* Weigh at least 110 lbs.
- \* Drink plenty of fluids
- \* Eat a nutritious meal
- \* No tattoos within the last 12 months

Hosted by: CNSA and Chalon Associated Student Body

Contact CNSA Vice President:

Niko Africano at [nikoafri@mymismc.la.edu](mailto:nikoafri@mymismc.la.edu)

Contact Saint John's Health Center at 310-829-8886 or email at [Sherry.Arroyo@providence.org](mailto:Sherry.Arroyo@providence.org) with questions.

As a token of our appreciation, all donors will receive a coupon for a Pint of Baskin Robbins Ice Cream and can be entered into a drawing for a \$100 Gift Card for The Lobster.

[providence.org/saintjohns](http://providence.org/saintjohns)

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- Study Away

MSMC students can access [MyWorldAbroad.com](http://MyWorldAbroad.com) for FREE through the [MyMSMC](http://MyMSMC) Portal, visit [Study Away](http://Study Away) or [Career Services](http://Career Services) to get started.

## Chalon Student Activities Council Presents Mount Community Night



**Thursday, February 19**

**Doors Open: 6:00 PM**

**Location:  
Hannon  
Theatre**

## Save the Date



@ChalonSAC

## Campus Ministry

### Advent

a period of quiet anticipation of the gradual coming of  
**Light in the darkness  
is coming  
beginning at sundown  
Saturday, Nov. 29!**

**MASS for the first Sunday of ADVENT  
Sunday November 30<sup>th</sup>**

**7pm Mary Chapel  
Contact Campus Ministry  
for more information  
(310)954-4125**





*Krafting with the Kappas*

November 24th

12-2pm

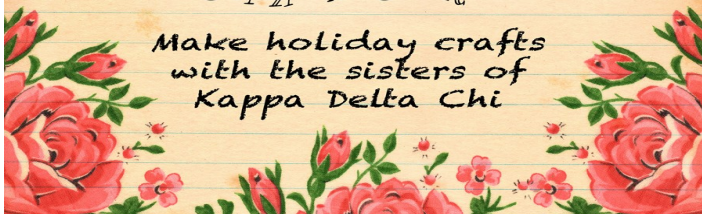
Admin Lawn

&amp;

6:30-8:30pm

Campus Center

Make holiday crafts  
with the sisters of  
Kappa Delta Chi



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Mount St. Mary's College

2015



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ONLINE INSURANCE WAIVER: <http://www.msmc.la.edu/insurance>

# THANK YOU!

We raised \$3,500 for  
United Friends of the  
Children at Charity Ball 2014!

We couldn't have done it  
without YOU!



Love,  
CHALON SAC



## Advent Wreath making PARTY Sunday November 30<sup>th</sup>

8pm, immediately after Mass in the STUDENT LOUNGE

FOOD will be provided!

Come make something pretty and RELIEVE STRESS!

Working with real greens will stimulate your OLFACTORY SYSTEM!



Purchase an **Advent Wreath** for  
\$15 per wreath  
(to cover costs – not for profit!)

Look for Registration and Order  
Forms around campus soon.

Deadline for orders: Wednesday,  
Nov. 26

We will have a wreath-making  
party at Chalon on Nov. 30 at 8pm

and at Doheny on Dec. 1 and 2  
from 11am-4pm!

*Blessings from Campus  
Ministry!*

## Put Your Stress to Rest

December 2nd \* 12-3pm  
The Circle

FOR FREE MESSAGE  
APPOINTMENTS

CALL STUDENT HEALTH  
SERVICES:

310-954-4110

(STARTING MONDAY, NOV. 24TH)

\*Free 10 minute massage

\*Make a pillow  
and other crafts

\*Bubbles and de-stress  
information

\*Snacks provided

FREE EVENT  
SPONSORED BY







**MSMC**

# Dance Performance

Thursday, December 4, 2014

1-2 PM

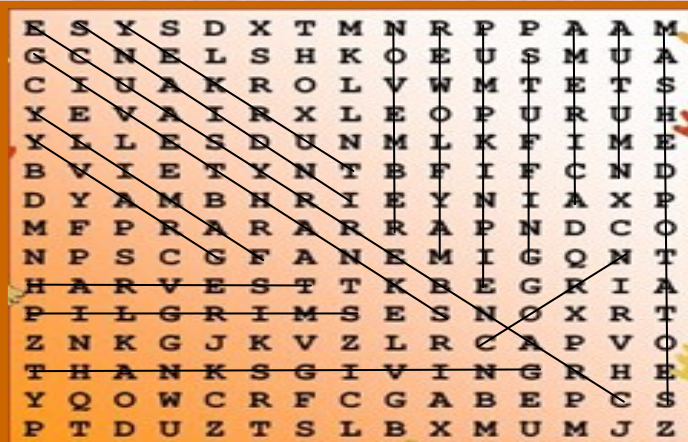
Hannon Theater

Sponsored by Fitness Education

Are you interested in living in a Christian living community here on campus? Well you are in luck! Members of Christian living community on campus, members of the Magnificat House, will be available with answers to your questions, **WITH FREE DONUTS!**

**THURSDAY DECEMBER 4, 2014**  
12-2 PM IN THE CIRCLE.

Contact Laura Gomez, Assistant Director of Campus Ministry for more Information  
(310)954-4125 || lgomez@msmc.la.edu



## The Bursar's Office

*Would like to remind you...*

After registering for the Spring 2015 semester,  
keep in mind that you'll need to

**CLEAR YOUR ACCOUNT BY DECEMBER 10!**

**Remember:** Check your statement after you register,  
and if you owe a balance...

- \* Pay it off in full, or
- \* Set up a payment plan, AND
- \* Waive health insurance (optional)

**Financial Clearance Deadline dates can be found online at:**

<http://www.msmc.la.edu/student-life/business-office/forms-financial-documents/business-office-clearance-deadlines.asp>

**Our online health insurance waiver is AVAILABLE NOW at:**

<http://www.msmc.la.edu/insurance>

Contact the Bursar's Office if you have any questions about these policies!

## THANKSGIVING HOLIDAY

Food Service Operating Hours

**Last meal served will be:**

Dinner on Wednesday, November 26, 2014

Café will close at 6:30 pm

Café will be closed:

Thursday, November 27

Friday, November 28

Saturday, November 29 (Chalon)

\*\*\*\*Please note that Doheny will be open

Saturday from 7 am- 2 pm\*\*\*\*

Regular Café schedule resumes on November 30, 2014



## Weekend Events

Friday 11/28



**BLACK FRIDAY**

**SHOPPING**

Don't miss out  
on all the sales!!

Remember to stay safe!

Saturday 11/29



Brady 1st Lounge

7-10pm

Sunday 11/30

**Chalon Mass @7pm**  
Feed the homeless after mass!



Submit your activities, events on announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmc.la.edu](mailto:athenianweekly@msmc.la.edu)







# Athenian Weekly



Athenian Promise: I will respect the sanctity of the learning environment and avoid disruptive and deceitful behavior toward other members of the college community. (3 out of 6)

Volume 1, Issue No. 18

Monday, December 1, 2014

Published by the Office of Student Affairs



## Commuter Appreciation Luncheon

We appreciate you Commuters!

Hang out with SPCS for Taco Tuesday!

Free Tacos and Finals Kits;  
What better way to de-stress?



Tuesday, December 2, 2014  
12-2PM - Admin. Lawn

Student Programming & Commuter Services H200A (310)954-4120 studentprogramming@msmc.la.edu

## Campus Security Safety Tips-

### Week Fifteen: Holiday Safety- Tip #2



If you plan to participate in this year's holiday shopping, make sure you are with friends or family. Never go alone as you will have to wait all night into the morning for those stores to open and that is when thieves can strike. Even though you are rushing and thinking of a thousand things, stay alert of your surroundings. Before you leave your house empty your trunk and should you need to visit various shopping malls or centers put all purchases in your trunk. Covering them in your back seat with a blanket is not effective. Thieves know of this trick and it will not stop them from getting to your items. Have your keys out and ready to enter your car. If you don't feel safe walking to your vehicle, ask mall or store security for an escort before leaving your shopping location.

Safety Tips are brought to you by the Dept. of  
Campus Security. Stay Informed, Stay Alive



## SAVING OUR CHILDREN FROM THE NIGHT

*Let's End Sex Trafficking!*

Date: December 2, 2014

Time: 12pm-2pm

Location: The Circle

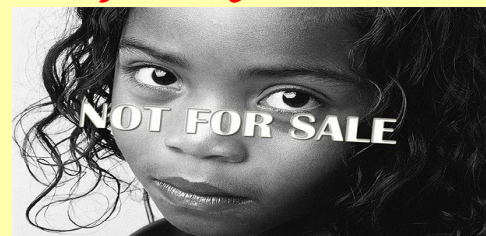
Make a Difference!  
**DONATE**



## BAKE SALE

All proceeds will benefit

*Children of the Night Rescue Center LA*



For more information please contact Pamela L. Gist, Ph.D.  
Chair and Professor, Psychology Department Mount St. Mary's College,  
Los Angeles, CA. Email: [pgist@msmc.la.edu](mailto:pgist@msmc.la.edu)

## Put Your Stress to Rest

December 2nd • 12-3pm  
The Circle

FOR FREE MASSAGE  
APPOINTMENTS  
CALL STUDENT HEALTH  
SERVICES: 310-954-4110  
(STARTING MONDAY, NOV. 24TH)

- \*Free 10 minute massage
- \*Make a pillow  
and other crafts
- \*Bubbles and de-stress  
information
- \* Snacks provided

FREE EVENT  
SPONSORED BY





MSMC

## Dance Performance

Thursday,  
December 4, 2014

1-2 PM

Hannon Theater

Sponsored by Fitness Education



Mount Chorus & Singers  
**CAROL CONCERT**  
December 5 mary chapel 8pm

Celebratory seasonal works for women's chorus and harp including Benjamin Britten's Ceremony of Carols  
Therese Fassnacht, conductor Vicente Ditto, accompanist Elizabeth Zosseder, harp

Tickets sold at door  
\$5 students, faculty, staff, seniors  
\$10 general  
facebook.com/MSMCMusic

## MAKE MUSIC AT THE MOUNT

The Mount Orchestra is open to any Mount student, faculty, or staff member as well as the larger college community.



To join an orchestral ensemble, or for more information please contact Chet Swiatkowski  
cswiatkowski@msmc.la.edu

## MUS 29: GUITAR CLASS

Spring 2015, Doheny Campus



Learn how to play the guitar via music that you choose and want to play!

Lessons are offered in a stress-free, progress-at-your-own-pace environment.

For more information contact Peter Zaferes at [pzaferes@msmc.la.edu](mailto:pzaferes@msmc.la.edu)

KEEP CALM

AND

STUDY HARD

WINTER BREAK IS

ALMOST HERE!

Love,  
Chalon ASB



Join the Mount Community at Mass on

Sunday, December 7 at 7pm in the Chalon Chapel.

Campus Ministry will have a special procession of roses to our Lady of Guadalupe.

Enjoy some Pan Dulce after Mass!





## Music Department Spring Course Offerings

### GS IIIA

MUS 25/125 Music Masterpieces: Jazz (3)

MUS 3 Discovering Music Fundamentals (3)

MUS 17/117 Women in Music (3)

MUS 6/106 Varieties of Music (3)

## Play or Sing in a Music Department Ensemble

MUS 19/119 Mount Chorus (0-1)

MUS 60/160 Mount Orchestra (0-1)

MUS 23/123 Chamber/ Jazz Combo (0-1)

## Even more for all students at the Mount:

MUS 8 Piano Class,

MUS 27 Strings:Guitar Class

MUS 13/113 Applied Lessons in voice, clarinet, flute, violin, cello, guitar, harp, and more\*

\*approval of department chair required for applied instruction.



## CHALON ACADEMIC ADVISEMENT IS HAVING A MAKEOVER!

REOPENING JANUARY 12<sup>TH</sup> 2015

The Chalon Advisement Team will be at  
the Doheny location – Bldg. 745, Room 211

Dec 15<sup>th</sup>-23<sup>rd</sup> & Jan 5<sup>th</sup>-9<sup>th</sup>



You can still reach us via phone or email at:

Phone: 310-954-4070 or 213-477-2577

Email: [advisement@msmc.la.edu](mailto:advisement@msmc.la.edu)



Student  
Lounge

## Thursday Theater

Presents:

December 4, 2014

12:30- 2:30pm & 4:30- 6:30pm

Sponsored by  
Student  
Programming &  
Commuter Services •  
H200A •  
(310) 954 - 4120 •  
[StudentProgramming@msmc.la.edu](mailto:StudentProgramming@msmc.la.edu)



Participate in more on-campus  
programs and activities



Meet new people and make  
life-long friendships



Enjoy more free time to rest,  
socialize, or study

Get the total College experience.

## LIVE ON CAMPUS

Commuters can now apply to live  
on campus for Spring 2015! We  
have different types of rooms  
available at the  
Chalon and Doheny campus.

Become a resident in 4 easy steps:

Step 1: Fill out a Housing Pending Status Form and turn it in at the Chalon or Doheny Residence Life office.  
Step 2: Registered for 12 units or more.  
Step 3: Clear any holds on your account (Business Office, Health Services, Registrar's Office, Financial Aid, etc.)  
Step 4: Pay the Housing Deposit at the Business office after Residence Life has contacted you.

Email: [chalonresidence@msmc.la.edu](mailto:chalonresidence@msmc.la.edu) |

Phone: (310) 954-4325 | Office: Brady 101

## RESIDENT STUDENTS!

Leave your **SHOES**  
out on Thursday Dec. 4 after  
9pm to receive a gift from the  
helpers of St Nicholas!





The Business Office is proud to announce that **CASHNet** has **gone mobile**. There are exciting new options for your mobile devices scan this QR Code



or visit the app **Ellucian Go**  
or visit the url: <https://commerce.cashnet.com/msmclapay> to access all your college needs.  
You can make a payment, view your statement, set up a monthly payment plan, create a FERPA user PIN, set up auto-pay, retrieve your 1098T form, and more — **all via your smart phone!!!**

Mount St. Mary's at your fingertips

Access CASHNet, view your statement, make payments, and much more with the new app **Ellucian GO**

Download Ellucian GO on your smartphone today!



## SING AT THE MOUNT

Any Mount student can join a choir for credit or as an extracurricular activity. Regardless of your background or level of experience, we have a choir for you!



To join a choir, or for more information please contact  
Dr. Therese Fassnacht, music department chair  
[tfassnacht@msmc.la.edu](mailto:tfassnacht@msmc.la.edu)



**COMING JANUARY 29**

### ACADEMIC ADVISEMENT

Phone: (310) 954-4070 • Room: H401

Email: [advisement@msmc.la.edu](mailto:advisement@msmc.la.edu)

Visit us on the **MSMC Portal!** - just log onto MyMSMC and click on **Academic Advisement** under the Academics tab

#### Chalon Advisement Fall 2014 DROP- IN HOURS:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00am-11:00am 1:00pm-2:00pm	10:00am-11:00am 1:00pm-2:00pm	10:00am-11:00am 1:00pm-2:00pm	10:00am-11:00am 1:00pm-2:00pm	10:00am-11:00am 1:00pm-2:00pm



## Weekend Events

**Friday 12/5**

**Take a break and watch a movie!**



**Purchase discounted tickets at H200 A**

**Saturday 12/6**

**Don't know where to study?**

**Head to a coffee shop in Westwood!**

**Have fun Studying for Finals!**



**Sunday 12/7**

**Athenian Café @ the Coffee Bar 4-5:30pm**



**Chalon Mass @ 7pm**

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmc.la.edu](mailto:athenianweekly@msmc.la.edu)



## CPS Tip of the Week

Did you know that brain scans have shown that it is physically impossible to be in a state of appreciation and fear at the same time? That's why research has shown that by taking a few minutes each day to acknowledge life's small pleasures, you can literally train your brain to be happier and less filled with worries. Here are a few simple strategies to develop a year-round "attitude of gratitude":

1. **Keep a gratitude journal** - Once a week, record all the things you are grateful for. Include big things, like "my physical health", but also small and mundane things, like "a hot shower" or "catching up with my high school friends on the phone this week".
2. **Remember** – Reflect on five people who have shown you kindness lately through deeds big or small. The simple act of remembering these people can cultivate gratitude. Take it one step further and write one of these awesome people a thank-you note!
3. **Catch it from your friends** – Surround yourself with positive people who have an "attitude of gratitude"- research shows that it's contagious.

Adapted from "Six Ways to Cultivate Gratitude" by Therese J. Borchard

EVERY DAY MAY NOT BE GOOD, BUT THERE IS  
SOMETHING GOOD IN EVERY DAY!



Doheny Office (213) 477-2668, McIntyre, 1st Floor  
Chalon Office (310) 954-4114, Humanities, 1st Floor



WELLNESS...  
THE MOUNT WAY!

## Holiday Tunes

S G R D A M A F C I F Z Z X F K U H J X  
W A W A Y O B R E M M U R D E L T T I L  
C K M B H P L O D U R J T G J I H Z N O  
Z D W T Z E D S Y E L C B Y R T G C G K  
G N O S S A M T S I R H C E H T I J L L  
Q A N K O I D Y A L F D G I R L N B E D  
X L S O X Q R T B T I N W X N E T O B J  
D R T J T I R H V A A H X I P S N A E W  
F E I F W V T E C M B E U U B T E S L S  
N D T U C C H S A Y A A I N S N L C L Q  
B N E V X E G N X I L M T R I I I Y R W  
F O L N I A I O Z T K L I N X C S J O U  
B W V E S Y N W K M G F O O A K T E C N  
G R O K A C Y M V Z E U A J Y S L D K U  
M E Q W Q O L A O H K P I T Y K B N M Q  
G T A P U I O N T S L L E B E L G N I J  
L N F G C Z H N S L L E B R E V L I S E  
I I Y E K N O D E H T K C I N I M O D S  
J W B T K S L L E B E H T F O R I O H C  
U I M U Y F C J H B X B V R U M Q C Y B

Away in a Manger

Choir of the Bells

Dominick the Donkey

Frosty the Snowman

Holly Jolly Christmas

Jingle Bell Rock

Jingle Bells

Let it Snow

Little Drummer Boy

Little St Nick

Holy Night

Rudolph

Santa Baby

Silent Night

Silver Bells

## Campus Security Safety Tips- Week Sixteen Holiday Safety– Tip 3

If you are staying local for the Holiday's make sure your windows and doors are locked even if you are gone briefly. It doesn't take a thief very long to get in and out with your valuable items. You can leave a radio or television on while you are away from your home to further support the illusion that someone is at home. Con artists posing as representatives of charitable organizations may be more prevalent during the holiday season. Always ask for their organization's issued identification. Be generous but ensure your generosity is going to an authentic charity. If in doubt, do not contribute! If you are uncomfortable with a stranger approaching your home, do not open the door. If you see something suspicious immediately notify local law enforcement! If you are going out of town for the Holiday's again make sure all windows and doors are locked, but also using timed lights are highly recommended. You also want to ask a friend or family member to go by and make periodic checks on your home. Have a Safe Holiday Season!

*Safety Tips are brought to you by the Dept. of Campus Security.  
Stay Informed, Stay Alive*





## CHALON ACADEMIC ADVISEMENT IS HAVING A MAKEOVER!

**REOPENING JANUARY 12<sup>TH</sup> 2015**

The Chalon Advisement Team will be at  
the Doheny location – Bldg. 745, Room 211

**Dec 15<sup>th</sup>-23<sup>rd</sup> & Jan 5<sup>th</sup>-9<sup>th</sup>**

You can still reach us via phone or email at:

Phone: 310-954-4070 or 213-477-2577

Email: [advisement@msmc.la.edu](mailto:advisement@msmc.la.edu)

**UNDER CONSTRUCTION**

### DECEMBER

#### De-Stress and Family Time



- Take a personal inventory of your time
- Try to prioritize and "don't sweat the small stuff"
- You might not be able to control events around you, but you can control your response

**THESE SIMPLE THINGS CAN HELP YOU  
ACHIEVE**

**WELLNESS.... The Mount Way!**



**FOR MORE INFORMATION**

(310) 954-4110 / (213) 477-2685

### Music Department Spring Course Offerings

#### GS IIIA

MUS 25/125 Music Masterpieces: Jazz (3)

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MUS 19/119 Mount Chorus (0-1)

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MUS 27 Strings:Guitar Class

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cello, guitar, harp, and more\*

\*approval of department chair required for applied instruction.

S G R D A M A F C I F Z Z X F K U H J X  
W A W A Y O B R E M M U R D E L T T I L  
C K M B H P L O D U R J T G J I H Z N O  
Z D W T Z E D S Y E L C B Y R T G C G K  
G N O S S A M T S I R H C E H T I J L L  
Q A N K O I D Y A L F D G I R L N B E D  
X L S O X Q R T B T I N W X N E T O B J  
D R T J T I R H V A A H X I P S N A E W  
F E I F W V T E C M B E U U B T S E L S  
N D T U C C H S A Y A A I N S N L C L Q  
B N E V X E G N X I L M T R I I I Y R W  
F O L N I A I O Z T K L I N X C S J O U  
B W V E S Y N W K M G F O O A K T E C N  
G R O K A C Y M V Z E U A J Y S L D K U  
M E Q W Q O L A O H K P I T Y K B N M Q  
G T A P U I O N T S L L E B E L G N I J  
L N F G C Z H N S L L E B R E V L I S E  
I I Y E K N O D E H T K C I N T M O D S  
L W B T K S L L E B E H T F O R I O H C  
U I M U Y F C J H B X B V R U M Q C Y B

## Weekend Events

Friday 12/12

Saturday 12/13

Sunday 12/14

**Have a nice winter break everyone!  
Merry Christmas and Happy Holidays to all!!!**

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmc.la.edu](mailto:athenianweekly@msmc.la.edu)





# Athenian Weekly



Athenian Promise: I will contribute to the development of a caring community where compassion for others and freedom of thought and expression are valued. (5 out of 6)

Volume 1, Issue No. 20

Monday, January 12, 2015

Published by the Office of Student Affairs

## Campus Security Safety Tips

### Week One: Crime Prevention

As the spring semester is getting started, the Dept. of Campus Security wants to take this time to remind the Mount Community to be aware of your surroundings and take the necessary precautions to avoid loss of belongings. Laptops, purses, iPads, cell phones, textbooks, and other devices are listed as items most often reported missing. Never leave valuables visible in your vehicle or residence. When leaving your residence hall, make sure you close and lock the door. Do not prop open any doors. Always report suspicious activity to Campus Security. You can also visit Campus Security on the portal for Mount-watch Crime Reporting Anonymous tips. See Something, Say Something. Have a safe semester!



**Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive**



## CPS Tip of the Week

### Year End Reflections are important!

Regardless of the value or effectiveness of New Year's Resolutions, we all approach a new year with that "starting fresh" mentality.

Nothing will better inform and shape how you approach your New Year than a good, honest Year End Reflection of 2014.

10 Highlights	3 things you focused on
Accomplishments, Best Memories	What did you do with most of your time
10 Disappointments	3 things you forgot
Missed opportunities	What you didn't get around to
3 Game Changers	Reflection
Unexpected events that changed your priorities	How does this inform your plans for this year?

**HAPPY 2015!!**

## Commuter Registration

Monday January 12, 2015 9:00am in H200A

### Locker Registration:

Lockers are *first come, first serve*. Proof of lock must be shown at this time.



### Semester Stickers:

Receive commuter semester sticker

**Commuters who register will get a little surprise!**



**\*Must Bring Student ID**

Sponsored by Student Programming & Commuter Services • H200A  
(310) 954-4120 • StudentProgramming@msmu.edu

### **ATTENTION New Transfer Students!**

Remember, you only have one semester to contest your Transfer Credit Evaluation. For more information visit **Academic Advisement** on MyMSMU Portal or stop by during posted drop-in hours.

## ACADEMIC ADVISEMENT

(310) 954-4070 H401 advisement@msmu.la.edu

Visit us on the **Mount Saint Mary's University Portal**

Just log onto **MyMSMU** and click **Academic Advisement** under the Academics tab

Chalon Advisement **FIRST WEEK** Drop-In Hours:

**Monday 12th - Friday 16th**

**8:00 am - 4:00pm**



# SPRING 2015 - Chalon Physical Education Classes



WELLNESS....  
THE MOUNT WAY!

<b>BALLET:</b>	<b>M</b>	<b>5:00-6:30PM</b>
<b>CONTEMPORARY DANCE:</b>	<b>M/W</b>	<b>6:30-7:30PM</b>
<b>DANCE FITNESS:</b>	<b>T/TH</b>	<b>11:20AM-12:20PM</b>
<b>PILATES:</b>	<b>M/W</b>	<b>7:30-8:30PM</b>
<b>STUDIO CYCLING:</b>	<b>T/TH</b>	<b>5:30-6:30PM</b>
<b>STUDIO CYCLING:</b>	<b>T/TH</b>	<b>7:00-8:00PM</b>
<b>SWIM:</b>	<b>T</b>	<b>4:00-5:30PM</b>
<b>YOGA:</b>	<b>M/W</b>	<b>8:00-9:00AM</b>
<b>YOGA:</b>	<b>T/TH</b>	<b>4:00-5:00PM</b>

## Mount in the City

Presents



Thursday, January 15, 2015 @ 5:00PM  
MSMC ID Required and \$10 Refundable Deposit

Mount in the City is throwing a private beachside ice rink party at Santa Monica!

Come "chill" with us as we mix and mingle with pizza, hot chocolate, and of course ice skating!!

Sign-up TODAY

Questions? Contact us! Student Programming and Commuter Services | H200A | 310.954.4120 | [studentprogramming@msmu.edu](mailto:studentprogramming@msmu.edu)



## GO GREEK!

GREEK LETTERS TODAY, GREAT LEADERS TOMORROW

### SPRING FORMAL RECRUITMENT

ALL INTERESTED STUDENTS **MUST SIGN UP** ONLINE  
**AND ATTEND** AN INFORMATION SESSION

<https://orgsync.com/54559/forms/126883>

Last day to sign up is Friday, Jan. 16 at Noon

**SAVE THE DATE!**

**MEET the GREEKS** Information Sessions:

Tuesday, January 20

1:00 - 2:00PM

5:00 - 6:00PM

Both held in Hannon Theater

#### ELIGIBILITY

Full-Time Undergraduate Student

2.5 Cumulative GPA or higher

\*Doheny students must transfer to the Chalon campus for the Fall 2015 semester

(Inter-Program Transfer)

#### FOR MORE INFORMATION CONTACT WOMEN'S LEADERSHIP:

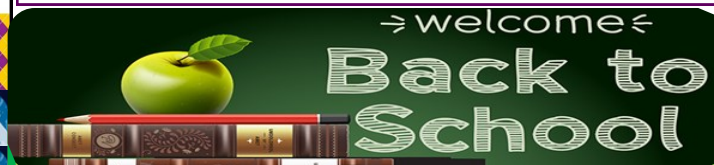
Chalon:

Leavey Commons, Ground Floor  
(310) 954-4350

Doheny:

Building 11, 2nd floor  
(213) 477-2983

[leadership@msmu.edu](mailto:leadership@msmu.edu)



### ...from the Business Office!

Happy New Year to one and all! We hope you enjoyed your break and are ready to take on the new semester. The Business Office would like to remind you of some of the services we provide here at Mount Saint Mary's University!

#### eRefund

Mount students who anticipate a refund in the Spring 2015 semester can have refunds deposited directly into a bank account. Enrollment is free and can be done through CASHNet!

#### Student Tax Forms - 1098T

The 1098T is a tax form that you may need for your annual tax filing purposes – and tax season is quickly approaching! Students who would like to receive an electronic copy of their 1098T can opt in on CASHNet. Avoid delay in receiving your forms in the mail and opt in for your electronic copy today!

#### Health Insurance Waivers

If you have your own health insurance coverage and do not want to be covered through the Mount, please don't forget to complete the health insurance waiver online! The link can be found on the Business Office website under 'Policies and Procedures' and will be available through January 31, 2015.

If you have questions about these or any other services, feel free to call, email, or visit the Business Office at either campus. We're always here to help! Best wishes for a successful and productive Spring semester.





## MSMU GLOBETROTTER GRANT 2015

For students who want an adventure. Who want to travel abroad. Who are willing to compete for \$1,500 in travel funds.

For more information, go to: [www.globetrottergrant.org](http://www.globetrottergrant.org)

Previous  
Mount  
winners



Cindy, 2014-Belgium, France, Spain



MaryAnne, 2013-Mongolia



Karen, 2012-India



Emily, 2011-Portugal, Spain, France, and Italy

## Thursday Theater Presents:

Disney

# FROZEN

## January 15, 2015 Student Lounge

12:30pm-2:30pm  
&  
4:30pm-6:00pm

Sponsored by Student Programming  
& Commuter Services • H200A • (310) 954-4120  
[StudentProgramming@msmu.edu](mailto:StudentProgramming@msmu.edu)



## Commuter Mentor Program



*Interested in serving as a Commuter Mentor?*

*Apply today!*



### Benefits:

- Connect with other commuter students.
- Meet new people.
- Get involved on campus.
- Learn lessons on citizenship through work with the community.
- \$100 stipend awarded each semester.

### Requirements:

- A cumulative GPA of 2.5 or higher.
- Must be willing to commit to the position for the entire academic school year.
- Be enrolled as a full-time student.
- Participate in program gatherings.

Applications available in H200A

Applications due February 12, 2015

Student Programming & Commuter Services  
[Studentprogramming@msmu.edu](mailto:Studentprogramming@msmu.edu)  
(310) 954-4120 H200A



Get the total College experience.

## LIVE ON CAMPUS

Commuters can now apply to live on campus this semester!

We have different types of rooms available at the Chalon and Doheny campus.

If you are interested in living on campus, email the Chalon Residence Life Office at [chalonresidence@msmu.edu](mailto:chalonresidence@msmu.edu) or stop by our office in Brady 101 for more information.



### Programs and



### Life-long friend-



### More free time



**JANUARY**

NEW YEAR

**NEW  
YOU****2015**

- **Recognize your strengths and build on them**
- **Acknowledge your daily accomplishments**
- **Allow yourself to make mistakes, and learn from them**

**THESE SIMPLE THINGS CAN HELP YOU  
WELLNESS.... The Mount Way!**



**FOR MORE INFORMATION**  
(310) 954-4110 / (213) 477-2685

## Welcome back! Blessings on 2015!

As the year and semester begin, take a moment to say "Thank You"

to God for another year of life, learning, and adventure:

*"May God make you steadfast in faith,  
Joyful in hope, and untiring in love*

*All the days of your life! "*

From the Catholic "Solemn Blessing" of Advent, the "New Year"!

## COOKIES!

January 12 at 2:00pm in the Campus Ministry offices  
Humanities 1st Floor at Chalon and House 7 at Doheny  
*Come by to celebrate the new semester! Everyone is welcome!*

## VISIT OUR HOMELESS NEIGHBORS at Chalon

Sunday, January 18

*5:45 PM: Help prepare meal bags for our hungry neighbors*

*7:00PM: Take the meals to be blessed at Mass*

*8:15PM: You will be blessed at Mass before you leave to visit our neighbors in Santa Monica*

## Save the Day Be an RA!

RA Applications for the 2015 - 2016 academic year  
will be available starting **Monday, January 12**  
on the Residence Life Portal page.



All undergraduate students (commuters and residents) are welcome to apply.  
Being an RA is an amazing leadership opportunity. Candidates must be of  
sophomore status or above for 2015—2016 and have a GPA of 2.75 or  
above.

We are looking for fun, creative, and responsible students to apply to be an  
RA.

*This position may cover up to 80% of your housing costs.*

**Need a work-study job?**

**Join the Doheny Residence Life team!**

**We are looking to hire students with work-study to be  
Community Assistants or Community Programmers**

**Visit the Doheny Residence Life Office (Hannon 123) to  
pick up an application and sign up for an interview.**

## Weekend Events

### Friday 1/16

Join the fun at the first  
Global Athenian Café!

Friday, January 16th from 4:00 pm to 5:30 pm  
in the Cafeteria

### Saturday 1/17

**Movie Night**

**Saturday, January 17 at 7:00pm  
in Brady 1st Lounge**

Come watch a movie and enjoy some snacks!

### Sunday 1/18

**MASS at Chalon**

**January 11 at 7:00pm in Mary  
Chapel**

Join us to celebrate the beginning of the  
Spring semester

**Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!**

**Submissions are due every Wednesday at 12:00 PM for the next week's issue.**

**E-mail: [athenianweekly@msmc.la.edu](mailto:athenianweekly@msmc.la.edu)**





# Athenian Weekly



Athenian Promise: I will commit myself to the pursuit of knowledge with personal integrity and academic honesty. (2 out of 6)

Volume 1, Issue No. 21

Monday, January 19, 2015

Published by the Office of Student Affairs

## Body Image Group

You are **beautiful** just the way you are!



- Are you tired of thinking your body is unacceptable?
- Do you compare your body to others too often?
- Do you think negatively about your looks ALL the time?

Come to a safe and supportive place to talk with other women who have similar worries about themselves.

Learn where negative thoughts about body image come from, how to see yourself in a healthier and more accurate way, love your body and gain confidence!

Sponsored by Counseling and Psychological Services  
Contact: Dr. Christine Catipon, Psy. D. (310) 954-4114



or  
Dr. Amy Cuny, Psy. D. (213) 477-2978

**SPCS Presents**  
**Thursday Theater January 22, 2015**  
*Roald Dahl's*  
**Willy Wonka**  
**Student Lounge**  
**12:30 - 2:30pm & 4:30 - 6:30pm**

Sponsored by Student Programming & Commuter Services • H200A • (310) 954-4120 • StudentProgramming@msmu.edu

## Campus Security Safety Tips

### Week Two: Driving Safety Awareness– Tip 1

California law states that all drivers must use hands-free equipment while talking on their cell phone. California DMV states you can stay in compliance by using a Bluetooth, a speaker device, or other earpiece but both ears cannot be covered. If caught, you will be charged \$20 for the first offense and \$50 for each subsequent offense. However, additional penalty assessments can end up tripling or more the total fee amount. The conviction will appear on your driving record, but points will not be added. Also keep in mind the law still applies if you are visiting the state of California and get caught talking on your phone while operating a vehicle. According to [Distraction.gov](http://Distraction.gov), 21 percent of drivers ages 15-19 years old involved in fatal crashes were distracted by the use of cell phones (NHTSA). It is everyone's responsibility to adhere to the laws of the road. Safe driving is smart driving, and will increase your chances of getting to your destination safely. If you witness unsafe driving report it to local law enforcement or if on Campus report all incidents to Campus Security. If you want to remain anonymous visit Campus Security on the portal page and click on

### **If You See Something, Say Something.**

You could just be saving a life!!!

Brought to you by Campus Security!

## To kick-off 2015 SPCS Announces

### #15DaysToConnect

Want to start off the new year with new MSMU gear? Just like/follow all of our social media accounts! Contest starts 1/15/15 & ends 1/30/15.

How to win?

For 15 days, the 15th person to like/follow us WINS

Winners will be announced on all platforms

\* Winner picks-up prize in H200A

@MSMU\_StudentProgramming



@MSMU\_SPCS

@MSMU\_SPCS



@MSMU\_SPCS

Sponsored by Student Programming & Commuter Services

• H200A • (310) 954-4120

• StudentProgramming@msmu.edu





## Do you speak Spanglish?

COME CHAT WITH US & OTHER LATINAS  
AT THE DOHENY CAMPUS  
FRIDAYS AT 1:00 PM  
STARTS JANUARY 23RD 2015  
OPEN TO CHALON AND DOHENY STUDENTS

### JOIN SPANGLISH GRUPO PARA MUJERES LATINAS IF:

- YOU ARE LATINA OR OF MULTI-ETHNIC LATIN DESCENT
- YOU WANT TO CONNECT WITH OTHER LATINAS ON CAMPUS IN A FUN AND SAFE PLACE
- YOU CAN SPEAK ENGLISH, SPANISH, OR SPANGLISH COMO TU QUIERAS!!!!

### Sign up by contacting:

Erika Ramos, Psy.D.  
(213) 477- 2880 /eramos@msmu.edu  
Kristina Rodriguez, M.S.  
(213) 477- 2681 /krodriguez@msmu.edu  
(213) 477-2681

Sponsored by Counseling & Psychological Services

## NURSING WARS

1/29/15  
Campus Center/Gym  
6:00pm

### WHAT IS NURSING WARS?

A night of 4 fun games, trivia, and friendly competition between the classes. FREE to participate or spectate! Sign up with your team captains. For more information check your emails!

### TEAM CAPTAINS

**FRESHMEN:** Richmond Vinluan

**SOPHOMORES:** Josh De Guzman

**JUNIORS:** Eric Cabahug

**SENIORS:** Katherine Biermayer

**DONATE AN ITEM TO P.A.T.H FOR 1 SERVICE POINT! QUESTIONS?**  
**CONTACT KIRSTEN PUGA (KIRSPUGA@MYMSMC.LA.EDU) OR PHOEBE DEL REYES (PHOERIE@MYMSMC.LA.EDU)**

## CAMPUS MINISTRY

VISIT OUR HOMELESS NEIGHBORS at Chalon  
Sunday, January 25

5:45 PM: Help prepare meal bags for our hungry neighbors

7:00PM: Take the meals to be blessed at Mass

8:15PM: You will be blessed at Mass before you leave to visit our neighbors in Santa Monica

MASS at Chalon  
January 25 at 7:00pm in Mary Chapel



### COOKIES!

January 19 at 2:00pm in the  
Campus Ministry offices  
Humanities 1st Floor at Chalon and House 7 at Doheny  
Come by to celebrate the new semester!  
Everyone is welcome!

[campusministry@msmu.edu](mailto:campusministry@msmu.edu)

@msmc\_cm on Twitter and Instagram

Campus Ministry at Mount St. Mary's University on Facebook

DOHENY, House 7, (213) 477-2672  
CHALON: Humanities, First Floor, (310) 954-4125

## ACADEMIC ADVISEMENT

Phone: (310) 954-4070 • Room: H401

Email: [advisement@msmu.edu](mailto:advisement@msmu.edu)

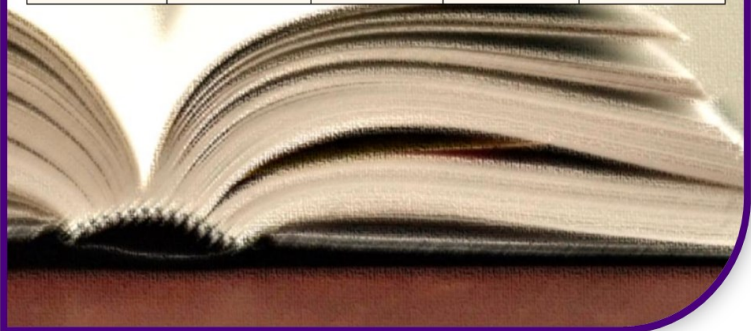
Visit us on the [Mount Saint Mary's University Portal!](#)

just log onto MyMSMU and click on

[Academic Advisement](#) under the Academics tab

### Chalon Advisement Spring 2015 DROP- IN HOURS:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00am-11:00am	10:00am-11:00am	10:00am-11:00am	10:00am-11:00am	10:00am-11:00am
1:00pm-2:00pm	1:00pm-2:00pm	1:00pm-2:00pm	1:00pm-2:00pm	1:00pm-2:00pm





# OPEN HOUSE

Hosted by Student Programming & Commuter Services

(310) 954-4120 • [StudentProgramming@msmu.edu](mailto:StudentProgramming@msmu.edu)



Join us to learn more about ...

Mount in the City

Thursday Theater Movies

Our Services

Commuter Activities

Commuter Mentor

Program

And Much Much More!

**Academic Advisement submissions-WEEK OF January 19<sup>th</sup>, 2015**

**ATTENTION New Transfer Students!**

Remember, you only have one semester to contest your Transfer Credit Evaluation.

For more information visit [Academic Advisement](#) on MyMSMU Portal or stop by during posted drop-in hours.

Last day to **ADD/DROP** for Spring 2015 is

**Tuesday, January 20, 2015**

Classes **MAY NOT BE ADDED** after this date!

A student may still however **WITHDRAW** from a class,

but will receive a grade of "W" and

must pay a **\$13.00** fee at the Business office.

The last day to withdraw is **Friday, March 20, 2015**

Mount  
Saint Mary's  
University

## SAFE AND RESPECTFUL DRIVING

To all students, faculty, and staff:

It is important to remember that the Chalon campus of Mount Saint Mary's University is reached by driving through a residential neighborhood.

### **Parking in the neighborhood:**

We request that commuters refrain from parking in the neighborhood, including along Chalon Road. Shuttles are available from the Doheny campus to the Chalon campus for those who do not wish to drive to Chalon.

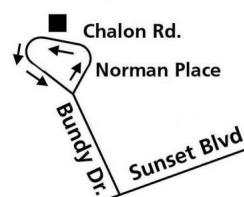
### **Please respect our neighbors (and the law) by:**

**Traveling the loop:** This circular route has been established in order to divide University traffic between the two streets that connect to campus and minimize the impact of traffic on the local neighborhood.

Please turn right from Bundy to Norman Place to enter the campus.

When exiting the University, turn **RIGHT** onto Chalon Road.

### **Chalon Campus**



- Be alert for pedestrians in the neighborhood.
- Observe all posted speed limits, and come to a complete stop at all stop signs, and do not tailgate the cars in front of you.
- Per California law, cell phones can only be used while driving with the use of hands-free devices.

- Turn down your car sound systems and reduce noise levels when driving through the neighborhood.

**Violators are subject to citation via University policy.**

**Thank you for your cooperation!**

## **Learning Assistance Programs/ISAE**

**H-207-Ext. 4144**

### **Spring Classes Already Stressing You Out?!?!?**

Go to the Learning Assistance Programs Portal Page and sign up for a tutor! It is never too early to plan for YOUR success. Stop by for more information.

### **Students with Disability:**

Please see Michele Lewis, Director of Learning Assistance Programs, to arrange for academic accommodations.

### **LAP Workshop**

Come to the LAP Workshop *Carpe Diem: Using Time Wisely* on Tuesday, January 20<sup>th</sup> from 1:00pm-2:00pm.

### **Attention ISAE Students:**

Join us on Sunday, February 1<sup>st</sup> to go see WICKED!! Sign-up here in the Learning Center H-207 and don't forget your \$20 refundable deposit.

### **ISAE – DON'T RISK DEACTIVATION!!!**

Meet with your ISAE Counselor (Freshmen 3x/sem; Soph/Jr/Sr 1x/sem)

Update your Educational Plan (EVERY SEMESTER)

Meet with your Peer Advisor (Freshmen 3x/sem; Soph/Jr/Sr 1x/sem)

Attend minimum of 2 college sponsored cultural, leadership, educational or volunteer Events/Activities EVERY SEMESTER. Sign "non-ISAE/Learning Center" events in log in ISAE Office for credit.

### **Deadlines for ISAE Students to meet with their ISAE Counselor & Peer Advisor for Spring 2015:**

Freshmen – February 27<sup>th</sup>, March 27<sup>th</sup> and April 27<sup>th</sup>

Sophomores – February 27<sup>th</sup> & March 27<sup>th</sup>

Juniors & Seniors – April 27<sup>th</sup>



**Preparing Women to Lead:**

Mount Saint Mary's University Women's Leadership and the Public Leadership Education Network

**2014-2015 PLEN SEMINARS**

Unlocking Non-profits: Innovations and Careers  
March 5—7, 2015

**Due: Friday, January 30, 2015**

&  
Women & Policy in the Global Community  
May 18—22, 2015

**Due: Friday, March 27, 2015**

**SCHOLARSHIPS AVAILABLE!!!**

PLEN offers the above seminars for female students from across the country to learn about the public policy process. Be inspired as you meet with today's foremost women leaders who will share their experiences and knowledge with you — the women leaders of tomorrow.

Open to Sophomores, Juniors and Seniors with a minimum cumulative GPA of 3.0 and a strong interest in public policy. All majors welcome!!!

**Applications are now available online:**

<https://orgsync.com/54559/forms/113245>

For More Information Contact

**Women's Leadership**

Doheny

Building 11 - 2nd Floor

(213) 477-2664

Chalon

Leavey Commons Ground

(310)954-4350

Application Opens: January 19th

Application Closes: February 9th

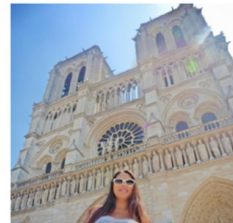


## **MSMU GLOBETROTTER GRANT 2015**

For students who want an adventure. Who want to travel abroad.  
Who are willing to compete for \$1,500 in travel funds.

For more information, go to: [www.globetrottergrant.org](http://www.globetrottergrant.org)

Previous  
Mount  
winners



Cindy, 2014 - Belgium, France, and Spain



MaryAnne, 2013 - Mongolia



Karen, 2012 - India



Emily, 2011 - Portugal, Spain, France, and Italy

**JANUARY**

**NEW YEAR**

**NEW  
YOU**

2015



- **No one ever needs to be stuck in a past they don't desire, move on to a better future**
- **Force yourself to take a potentially positive risk**
- **Surround yourself with supportive people**

THESE SIMPLE THINGS CAN HELP YOU ACHIEVE

**WELLNESS.... The Mount Way!**



FOR MORE INFORMATION  
(310) 954-4110 / (213) 477-2685

**The Veteran Outreach Association**  
wishes all Veterans and Military families a Blessed New Year and a successful Spring semester.

Things to look forward to this semester:

All American Picnic

Speaker Series ... And More

[msmc.voa@gmail.com](mailto:msmc.voa@gmail.com)

[msmu\\_voa](https://www.facebook.com/msmu_voa)

[@msmc.voa](https://www.instagram.com/msmc.voa)



## **Weekend Events**

**Friday 1/23**



Weather is starting to clear up so why not go take a hike on the Fire Trail with some friends!!



**Saturday 1/24**

Make use of the Stop Trans this weekend!

Head on over to Westwood and try out ...



**Sunday 1/25**

Come Join the Mount Community for Mass at 7 PM on the Chalon Campus



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmu.edu](mailto:athenianweekly@msmu.edu)







# Athenian Weekly



Athenian Promise: I will respect the sanctity of the learning environment and avoid disruptive and deceitful behavior toward other members of the university community. (3 out of 6)

Volume 1, Issue No. 22

Monday, January 26, 2015

Published by the Office of Student Affairs

Vaccine against **MEASLES** available in Student Health Services

FOR AN APPOINTMENT CALL

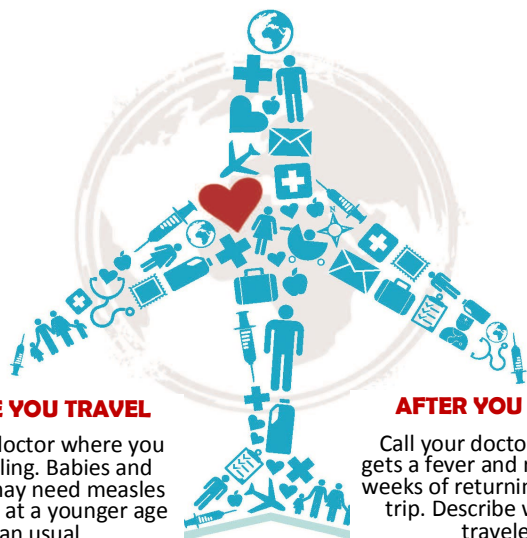
Chalon 310-954-4110 or Doheny 213-477-2685



VISITING ANOTHER COUNTRY? PROTECT YOUR FAMILY.

## THINK MEASLES.

Measles is widespread in places like Europe, Africa, Asia, India, and the Philippines.



### BEFORE YOU TRAVEL

Tell your doctor where you are traveling. Babies and children may need measles protection at a younger age than usual.

### AFTER YOU TRAVEL

Call your doctor if anyone gets a fever and rash within 3 weeks of returning from your trip. Describe where you traveled.

**Talk with your doctor if you are planning an international trip.**

For more information go to [www.cdc.gov/travel](http://www.cdc.gov/travel)



## Delicious Pizza for \$2!!



### Scholar Mentor Club's Pizza Fundraiser!

Wednesday, January 28, 2015

12pm to 2pm at the Hannon Patio

Theater Thursday Presents:

**GUARDIANS OF THE GALAXY**

January 29, 2015

Student Lounge

12:30pm-2:30pm

4:30pm-6:30pm

Sponsored by Student Programming & Commuter Services • H200A  
• (310) 954 - 4120 • [StudentProgramming@msmu.edu](mailto:StudentProgramming@msmu.edu)

## COMMUTER WELCOME SOCIAL

Commuters!

Do you have trouble making time for the most important meal of the day?  
Join SPCS for **FREE** Breakfast Burritos & Tips for breakfast on the go!



**Thursday, January 29, 2015**  
**11am-12:30pm • The Circle**



Student Programming & Commuter Services H200A (310)954-4120 [studentprogramming@msmc.la.edu](mailto:studentprogramming@msmc.la.edu)

Mount Saint Mary's University



# Save the Day Be an RA!

RA Applications for the 2015 - 2016 academic year will be available starting **Tuesday, January 13** on the Residence Life Portal page.



All undergraduate students (commuters and residents) are welcome to apply.

Applications must be submitted no later than **Friday, January 30, 2015 at 4:30 p.m.**

Being an RA is an amazing leadership opportunity. Candidates must be of sophomore status or above for 2015—2016 and have a GPA of 2.75 or above. We are looking for fun, creative, and responsible students to apply to be an RA.

***This position may cover up to 80% of your housing costs.***

For more information, contact the Residence Life Office:

**Chalon:** Brady 101, x4325, [chalonresidence@msmu.edu](mailto:chalonresidence@msmu.edu)

**Doheny:** Hannon 123, x2661, [dohenyresidence@msmu.edu](mailto:dohenyresidence@msmu.edu)

Want to have fun?

Bring your friends and hang out at the Student Lounge!

Play some  
board  
games!

Watch your favorite  
show with your  
friends!



Stay up to date  
with the latest  
magazines!

**EVERY TUESDAY**

**Bingo or Loteria**



**12:00pm & 5:30pm**

**Win a Prize!**

## Play the Wii!



## ATTENTION: YOU COULD HAVE MEASLES.

If you have:



a fever

+



a rash

+



traveled overseas  
in the last 3 weeks

### Tell Staff and Get a Mask.

**Protect Yourself and Others Now!**

Measles is very contagious and is widespread in many parts of the world.

California Department of Public Health, Immunization Branch

RAM-1050 (6/11)

## MAGNIFICAT HOUSE OPEN HOUSE

*Spirituality, Community, & Service*

Interested in becoming a resident of  
the Mag House?

The ladies invite you over for food,  
fun, and community.

**Chalon (Aldworth)**

Tuesday, January 27 from 7PM to 10PM

**Doheny (House 20)**

Wednesday, January 28 from 7PM to 10PM

**Questions? Contact Campus Ministry!**

[campusministry@msmu.edu](mailto:campusministry@msmu.edu)

x4125 (Chalon)

x2672 (Doheny)



Mount Saint Mary's University  
Career Services  
& Internships

# Nursing Panel

## Chalon Campus Center

Monday,

January 26, 2015

6:00PM- 8:00PM

Open to **ALL** Nursing and Pre-Nursing Students:

- Bring 5-10 copies of your resume
- Dress Professionally

Please make an appointment to review your resume at:  
Career Services in Humanities 401  
or call (310) 954- 4410

**UCLA** Health System

**Children's Hospital**  
LOS ANGELES

**City of Hope**

**Department of Veterans Affairs**

**St. Francis Health Center**  
Sisters of Charity of Leavenworth Health System

**COPE**  
HEALTH SOLUTIONS

**KAISER PERMANENTE**

**Keck School of Medicine of USC**

**U.S. AIR FORCE**  
R • O • T • C

**AMERICA'S NAVY**  
A GLOBAL FORCE FOR GOOD™

**PROVIDENCE**  
Health & Services  
Southern California



# LIVE FROM THE REDCARPET MOUNT COMMUNITY NIGHT

FEBRUARY 19 AT 6:30 PM IN THE HAMMON THEATER



## AUDITIONS

JANUARY 26, 28, & 29, 6-9 PM  
HAMMON THEATER

&

JANUARY 27, 6-9 PM  
CAMPUS CENTER

FOR MORE INFO, GO TO THE WOMEN'S LEADERSHIP OFFICE

PRESENTED BY CHALON SAC

Mount Saint Mary's University

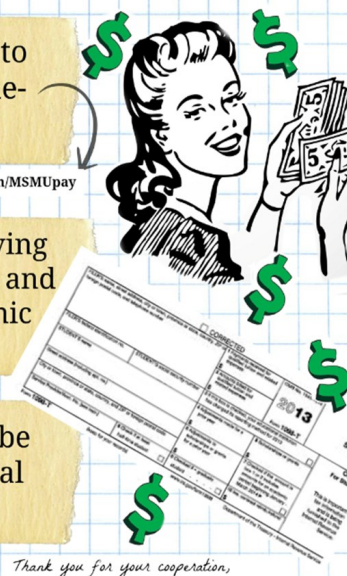
**1098T: TAX SEASON IS JUST AROUND THE CORNER!**  
MAKE SURE YOU ARE PREPARED!

- Enroll on CASHNet to get your 1098T online- it's fast and easy!!!

The new link is: <https://commerce.cashnet.com/MSMUpay>

- Avoid delays in receiving your forms in the mail and opt in for your electronic copy.

- 1098T tax form may be needed for your annual tax filing purposes.



Thank you for your cooperation,  
Mount Saint Mary's Business Office

Mount Saint Mary's University

F L E B A F U C Y M S E L L M  
Q F C O S W A N G R M H A E E  
A F N T O R A B I P V X R G L  
J T E S T I F R O Q X R E T C  
M R L S M U Y W E Y U W B S I  
J X L D N B E G T N R E I L V  
X G E E Z R N I U P E O L U I  
K N C P S I S R E F S S Z N L  
T T X A Z R B E M U N D S R I  
B L E A E Y C A C O V D A C T  
O J M V L W J P B I N G R S Y  
Y A I G L O B A L A V W X J E  
S N Q L K U O M C L O R P S P  
U N W L E B T L G N L I E C Z  
J C O M M U N I T Y B P O S O

ADVOCACY  
AWARENESS  
CSJS  
GLOBAL  
UNIQUE

AMAZING  
CIVILITY  
EMPOWERS  
LIBERAL  
UNIVERSITY

ARTS  
COMMUNITY  
EXCELLENCE  
SERVICE



## Teaching Assistant Needed for

**SPR 85 – Introduction to College Studies**

facilitating class discussions

presenting relevant course material

reading journals

reading class exercises

**Fall 2015 Semester**

**Tuesdays 1-2 PM**

**Compensation: \$150 Stipend & SPR 99**

**(one- credit)**

Applications available in Student Affairs (H200)

**Due Thursday, February 19, 2015**

## CPS Tip of the Week

Here is a throwback to individuals whose life story is full of resiliency and can be described as in a word **UNSTOPPABLE**.

- U- "You are you. That is truer than true. There is no one alive who is youer than you." -Dr. Seuss
- N- "Nothing can dim the light which shines from within." -Maya Angelou
- S- "Success is not final, failure is not fatal: it is the courage to continue that counts." -Winston Churchill
- T- "The question isn't who's going to let me; it's who is going to stop me." -Ayn Rand.
- O- "One of the most courageous things you can do is identify yourself, know who you are, what you believe in and where you want to go." -Sheila Murray Bethel.
- P- "Most powerful is [she] who has [herself] in [her] own power." -Seneca (Roman dramatist).
- P- "Pain nourishes courage. You can't be brave if you've only had good things happen to you." -Mary Tyler Moore
- A- "A person who never made a mistake never tried anything new." -Albert Einstein
- B- "Be the change you want to see in the world." -Mahatma Gandhi
- L- "Life is not easy for any of us. But what of that? We must have perseverance and, above all, confidence in ourselves. We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained." -Marie Curie
- E- "Everyone has inside of him or she has a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!" -Anne Frank

**So remember these individuals and if you find yourself feeling less than resilient, CPS is here to help.**



Doheny Office (213) 477-2668, McIntyre, 1st Floor  
Chalon Office (310) 954-4114, Humanities, 1st Floor



Adapted from The five levels of resiliency by Al Siebert (2006).

## Solution

+ + E + A + U + + + + E L + +  
 + + C + + W A N + + M + A + +  
 + + N + + R A + I P + + R + +  
 + + E + T + + R O Q + + E + C  
 + + L S + + + W E Y U + B + I  
 + + L + + + E G T N + E I + V  
 + + E + + R N I + + E + L + I  
 + + C + S I S + + + + S + + L  
 + + X + Z R + E + + + + S + I  
 + + E A E Y C A C O V D A C T  
 + + M V + + + + + I + + + S Y  
 + A I G L O B A L + V + + J +  
 + N + + + + + + + + + R + S +  
 U + + + + + + + + + + E + +  
 + C O M M U N I T Y + + + S +

## Campus Security Safety Tips-

### Week Three: Driving Safety Awareness- Tip 2

According to the California DMV as of January 1, 2009 a law against driving while **reading, writing or sending a text message** went into effect. This applies to all forms of text-based communication, including e-mail and instant messaging. The law pertains to all drivers, regardless of age or state of residence. If caught, you will **be charged \$20 for the first offense and \$50 for each subsequent offense**. According to the Insurance Institute for Highway Safety, texting while **driving kills 11 teens each day**. It is everyone's responsibility to adhere to the laws of the road. **Safe driving is smart driving** and will increase your chances of getting to your destination on safely. If you **witness unsafe driving report it**. If you want to remain anonymous visit Campus Security on the portal page and click on **If You See Something, Say Something**. You could just be saving a life.

*Safety Tips are brought to you by the Dept. of Campus Security.  
Stay Informed, Stay Alive*



## Weekend Events

### Friday 1/30



**Take a break from studying  
and join your fellow  
Athenians at the Athenian  
Café from  
4:00-5:30 at the Coffee Bar**

### Saturday 1/31

**Take the Stop-Trans  
down to Santa  
Monica and have a  
fun filled day down  
by the beach!**



### Sunday 2/1



**Come join the Mount  
Community in celebration  
of the Vigil of the Feast of  
the Presentation of the  
Lord, 7 PM at the  
Chalon Chapel.**

**Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!**

**Submissions are due every Wednesday at 12:00 PM for the next week's issue.**

**E-mail: athenianweekly@msmu.edu**







# Athenian Weekly



Athenian Promise: I will support a culture of diversity by respecting the rights of those who differ from me. (4 out of 6)

Volume 1, Issue No. 23

Monday, February 2, 2015

Published by the Office of Student Affairs

## Want to serve as a Commuter Mentor?

Want to help others be UNSTOPPABLE? Come to our info sessions to learn why Commuter Mentors are vital in helping first-year commuters adjust to college.



February 2, 2015 & February 3, 2015

12:30 PM

Hannon Parlor

*Free pizza and drinks will be provided*

Questions? Contact us! Email [studentprogramming@msmu.edu](mailto:studentprogramming@msmu.edu), visit H200A, (310) 954-4120

### ATTENTION New Transfer Students!

Remember, you only have one semester to contest your Transfer Credit Evaluation.

For more information visit [Academic Advisement](#) on MyMSMU Portal or stop by during posted drop-in hours.

## WOMEN'S VOLLEYBALL CLUB TRYOUT

**CHALON FITNESS CENTER**  
**FEB. 3<sup>RD</sup> OR FEB. 4<sup>TH</sup>**  
**5:00PM - 6:00 PM**

Interested in being part of the MSMU Volleyball Team?

Sign-up and Contact: Coach Hershey Canta [hcanta@msmu.edu](mailto:hcanta@msmu.edu)

## FEBRUARY

### Let's Get Moving



- Exercise is a great tool to ward off stress
- Exercise improves sleep, memory and concentration
- Try an exercise class on campus, it's a great way to get fit and meet new friends

THESE SIMPLE THINGS CAN HELP YOU ACHIEVE

**WELLNESS.... The Mount Way!**

FOR MORE INFORMATION

(310) 954-4110 / (213) 477-2685



### Title III STEM Grant

Hiring Peer Mentor/Tutor

Position: Part Time (8-20 hours/week)

Hours: Flexible

Pay Rate: \$14.00 per Hour

To Apply: Please submit a resume, cover letter, and unofficial MSMT transcript to Sandy Chávez, STEM Advisor, at [schavez@msmc.la.edu](mailto:schavez@msmc.la.edu)



**Application Due: February 13, 2015 by 3:00 pm**

### The Purpose of the STEM Peer Mentoring Program:

The purpose of the Title III STEM grant is to assist first-year and transfer students in making a successful transition to MSMT. STEM participants will receive academic and personal support by providing them with a Peer Mentor who will guide and support the student throughout her initial year of enrollment.

### Peer Mentor Qualifications and Requirements:

1. Must possess a minimum of a 2.75 GPA at the time application is submitted
2. Must be an incoming (2015-2016) sophomore, junior, or senior of undergraduate degree with a STEM major
3. A minimum of one-year previous mentoring/tutoring experience

**\*Failure to maintain a 2.75 GPA per semester will result in probation or termination of the Peer Mentor position.**



Weekly Lunch meetings on Brady Patio Outside of the Cafeteria

Every Monday from 12-1 pm

Play games and exercise your language skills

Come Join us for a Movie Night

February 9, 2015 @6:30pm in Hannon Parlor

## 2nd Annual STEM EXPO 2015

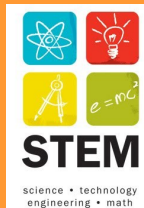


Save the Date:

March 12<sup>th</sup>

12pm-2:30pm

Mount  
Saint Mary's  
University



### Campus Security Safety Tips- Week Four: Disaster Preparedness- Tip 1

How prepared are you in the event of a major emergency on campus?

Emergencies are unexpected and are without warning. They are also not all the same. Being prepared for all emergencies is important to your safety. How prepared you are can make all the difference when it's 2am and the ground starts to shake or a smoke alarm goes off. In those events you have seconds to know what you will do to keep yourself safe. Having a plan and items such as an emergency kit, are steps to ensure your safety. Learn each campus's evacuation location and procedures. Every classroom has Emergency Procedures posted. Read them, know them and be ready. You can also visit the Campus Security page on the Portal for emergency procedures.

Safety Tips are brought to you by the Dept. of Campus Security. Stay Informed, Stay Alive



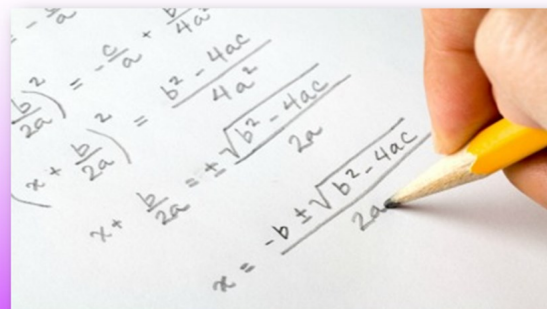
## Math Placement Test

Friday, February 20<sup>th</sup>

2:00 pm

Library 4<sup>th</sup> fl. Comp Lab

Must sign up on the MSMU Portal under Academic Advisement



Application Opens: January 19th Application Closes: February 9th



### MSMU GLOBETROTTER GRANT

2015

For students who want an adventure. Who want to travel abroad. Who are willing to compete for \$1,500 in travel funds.

For more information, go to: [www.globetrottergrant.org](http://www.globetrottergrant.org)

Previous  
Mount  
winners





## Language Placement Test

**Wed, February 18<sup>th</sup>**

**9:00am**

**Room H402**

*Must sign up on the MSMU Portal under Academic Advisement*



## CAMPUS MINISTRY

**VISIT OUR HOMELESS NEIGHBORS at Chalon**

**Sunday, February 8**

*5:45 PM: Help prepare meal bags for our hungry neighbors*

*7:00PM: Take the meals to be blessed at Mass*

*8:15PM: You will be blessed at Mass before you leave to visit our neighbors in Santa Monica*

**MASS at Chalon**

**February 8 at 7:00pm** in Mary Chapel

**COOKIES!**

**February 2 at 2:00pm** in the Campus Ministry offices  
Humanities 1st Floor at Chalon  
and House 7 at Doheny

*Come by to celebrate the new semester!  
Everyone is welcome!*

[campusministry@msmu.edu](mailto:campusministry@msmu.edu)

[@msmc\\_cm](#) on Twitter and Instagram

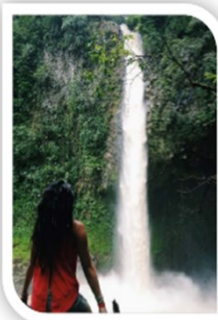
[Campus Ministry at Mount St. Mary's University](#) on Facebook

DOHENY, House 7, (213) 477-2672

CHALON: Humanities, First Floor, (310) 954-4125



## Do YOU see yourself studying abroad?



Gabby Ybiernas—Costa Rica  
Summer 2014



Jennifer Schlerf—Ireland  
Fall 2014



Betty Diaz—London, England  
Spring 2014



Jennifer Rivera—Granada, Spain  
Spain 2014



Kristie Hernandez—Morocco, Africa  
Fall 2014

**Come to study away information session**

- Featuring MSMU student panel
- Hosting AIFS representative
- Snacks and refreshments provided
- Begin planning your trip!

Chalon Campus H403— February 5th, 2015 1-2pm

Doheny Campus Building 4, 118— February 12th, 2015 1-2pm

*What are you waiting for? NOW, is the time!*

Questions? Contact [StudyAbroad@msmu.edu](mailto:StudyAbroad@msmu.edu)

## Thursday Theater Presents:

*February 5, 2015*

*Student Lounge*

**THE VOW**  
— FEBRUARY —

*12:30pm— 2:30pm*

*4:30pm— 6:30pm*

Sponsored by Student Programming & Commuter Services•H200A

(310) 954-4120 • [StudentProgramming@msmu.edu](mailto:StudentProgramming@msmu.edu)







Programs and activities



Life-long friendships



More free time

Get the total College experience.

## LIVE ON CAMPUS

Commuters can now apply to live on campus this semester!

We have different types of rooms available at the

Chalon and Doheny campus.

If you are interested in living on campus, email the Chalon Residence Life Office at [chalonresidence@msmu.edu](mailto:chalonresidence@msmu.edu) or stop by our office in Brady 101 for more information.

### Need a work-study job?

### Join the Doheny Residence Life team!

We are looking to hire students with work-study to be  
Community Assistants or Community Programmers

#### Community Assistants

Responsibility include:

- \* Greet guests with courtesy and enthusiasm
- \* Assist and support the Residence Life Staff during business hours
- \* Assist HRA and RA's with projects
- \* Keep maintenance of Residence Desk

#### Community Programmers

Responsibility include:

- \* Assist with campus wide events
- \* Support events and develop programs for the entire MSMU residential Community
- \* Be familiar with residence hall policies
- \* Attend RA programs to take photos and support

Visit the Doheny Residence Life Office (Hannon 123) to pick up an application and sign up for an interview.

### CPS Tip of the Week

**DO YOU LOVE YOURSELF?!**



**"It doesn't matter what anyone else thinks. What matters is you can look in the mirror, and love who you see."**  
-B. Dave Walters

**Self-love and self acceptance are the ultimate keys to happiness in this life. This does not mean being self-absorbed or vain, but instead to truly cherish the person that you are. You have so many wonderful qualities and it is important to celebrate them! Try taking a few minutes each day to reflect on what you like about yourself, and if you have trouble, ask a friend or family member to help remind you of why they love you! Be kind and gentle with yourself, and be sure to make time each week for self-care (that is, doing things that make you happy and pamper yourself!) You deserve it!**

**"Treat yourself today! You are a unique, sparkling, spectacular soul. Celebrate you!"**  
-Amy Leigh Mercree



Doheny Office (213) 477 - 2668, McIntyre, 1st Floor  
Chalon Office (310) 954 - 4114, Humanities, 1st Floor



### Missed Out on Auditions?

### There's Still Time!



If you would like to be part of Mount Community Night, please send a video of your performance with your name, contact info and what you need for your performance to:

[biandsilv@mymismc.la.edu](mailto:biandsilv@mymismc.la.edu)

Please send videos starting February 2<sup>nd</sup> until February 6<sup>th</sup>.  
The deadline for video submissions is February 6 at 4:30PM.

## Weekend Events

Friday 02/06

**YOU THINK YOU GOT MOVES?**  
**Challenge your friends to**  
**JUST DANCE!**  
**At the Student Lounge**

Saturday 02/07

**Craving something sweet?**  
Take the Stop-Trans down to  
Diddy Riese and treat yourself to  
some cookie sandwiches!

Sunday 02/08

**Athenian Cafe**  
Come join us for some pastries  
and some refreshments!  
**4:00pm-5:30pm**

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmu.edu](mailto:athenianweekly@msmu.edu)







# Athenian Weekly



Athenian Promise: I will contribute to the development of a caring community where compassion for others and freedom of thought and expression are valued. (5 out of 6)

Volume 1, Issue No. 24

Monday, February 9, 2015

Published by the Office of Student Affairs

## CAKE POPPIN' WEDNESDAY FEBRUARY 11TH, 2015



All students are welcome to attend!

### Campus Security Safety Tips- Week Five: Disaster Preparedness- Tip 2

#### What's in your emergency disaster kit?

Being prepared for a disaster can not be stressed enough. Having a plan and emergency disaster supplies are extremely important to your safety. The supplies you have should be able to get you through at least 3-5 days. Remember in the event of a major disaster like an earthquake you may need to stay in the same location for a few days until emergency services arrive.

**Ready.gov** recommends the following items to have in your emergency disaster kit:

- ⇒ Food, at least a three-day supply of non-perishable food
- ⇒ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- ⇒ Flashlight and extra batteries
- ⇒ First aid kit
- ⇒ Whistle, to signal for help
- ⇒ Local maps
- ⇒ Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ⇒ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ⇒ Wrench or pliers to turn off utilities
- ⇒ Manual can opener for food
- ⇒ Cell phone with chargers, inverter or solar charger

For more information on safety visit **Campus Security Portal Page**. There you will find helpful resources dedicated to providing emergency management information. You can also find a **10% online coupon code** for SOS emergency products.

*Safety Tips are brought to you by the Dept. of Campus Security.  
Stay Informed, Stay Alive.*



February 18

Chalon in Mary Chapel:

8-8:30am Prayer Service with ashes

12:05-1pm MASS with ashes

7:30-8:10pm Prayer Service with ashes

Doheny in Our Lady of Mercy Chapel:

9:30-10am Prayer Service with ashes

12:30-1:30pm MASS with ashes

7:30-8:10pm Prayer Service with ashes

**Ash Wednesday  
at the Mount**

Campus ministry@msmu.edu

Chalon: H: 1st Floor

TERRENCE HOWARD BERNIE MAC KIMBERLY ELISE

## PRIDE

INSPIRED BY TRUE EVENTS

Thursday Theater  
Presents:

February 12, 2015  
Student Lounge  
12:30pm- 2:30pm  
4:30pm-6:30pm

Sponsored by Student Programming & Commuter Services • H200A  
(310) 954- 4210 • StudentProgramming@msmu.edu





## Commuter Mentor Program

Interested in serving as a Commuter Mentor?

**Applications due this THURSDAY!**

### Requirements:

- A cumulative GPA of 2.5 or higher.
- Must be willing to commit to the position for the entire academic school year.
- Be enrolled as a full-time student.
- Participate in program gatherings.

### Benefits:

- Connect with other commuter students.
- Develop leadership skills.
- Get involved on campus.
- Professional development.
- \$100 stipend awarded each semester.



Applications available in H200A  
Applications due February 12, 2015

**Student Programming & Commuter Services**

(310) 954-4120 [Studentprogramming@msmu.edu](mailto:Studentprogramming@msmu.edu)

*Almost every wise saying has an opposite one, no less wise, to balance it.*

- George Santayana



**The Art of Judgment: Sharpening your Critical Analysis Skills**

Wednesday, February 18th 5:00 PM—6:00 PM

Instructor: Dr. Joshua Schwartz

Location: H201

*The roots of education are bitter, but the fruit is sweet.*

- Aristotle



**How Your Teacher Grades Your Paper: The Inside Scoop**

Tuesday, February 10th 1:00 PM—2:00 PM

Instructor: Paul Martin

Location: H204

**WIN  
\$100**

**STUDENT HANDBOOK  
COVER CONTEST**

Mount Saint Mary's  
University  
**{ UNSTOPPABLE }**

### EMAIL:

[studentprogramming@msmu.edu](mailto:studentprogramming@msmu.edu)

### PHONE:

(310) 954- 4120

APPLICATIONS AVAILABLE ONLINE AT

<https://welcome.mount.msmc.la.edu/student-life/student-programming/Pages/CoverContest.aspx>

SUBMIT DESIGN BY MARCH 9

LEAVE YOUR LEGACY AT THE MOUNT



## Chocolate Roses and Chocolate Covered Strawberries Sale

**Date:** Monday, February 9th– Wednesday, February 11th

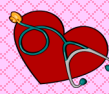
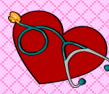
**Time:** 11:30am to 2:00pm **Location:** Administrative Lawn

\$2	\$3
1 Chocolate Covered Strawberry or	3 Chocolate Covered Strawberries or
1 Chocolate Rose	3 Chocolate Roses

...buy them for your family, friends, and co-workers!

\*\*\*While supplies last!\*\*\*

Thank you for supporting Alpha Tau Delta!



## TUTORPALOOZA

*Get Ready for Midterms*

**Thursday, February 19th 12:00 pm – 2:00 pm**

Fresh Juice for the first 75 people  
and Pinkberry for the first 100 people

**Sponsored by Learning Assistance Programs**

**KAPPA  
DELTA CHI**  
presents

California Pizza Kitchen  
**Fundraiser**

February 11th, 2015  
6-10pm

210 Wilshire Blvd.  
SANTA MONICA, CA  
90401

Remember to wear your  
**Red, Pink, or Purple**





# Medieval Times

## DINNER & TOURNAMENT



FEBRUARY 27<sup>TH</sup>, 2015 AT 4PM

**SIGN-UP TODAY IN H200A!**

*\*Please bring MSMU ID and \$10 non-refundable deposit\**

Connect with us!



Questions? Contact us! Student Programming and  
Commuter Services (310) 954-4120 | H200A |  
studentprogramming@msmu.edu



Mount  
Saint Mary's  
University

Career Services  
& Internships

ASB Junior Senators & Career Services  
Present:

## CAREER MEET-UP

Resumes & cover letters  
with...

- Does your resume need a facelift?
- Are you unclear about a cover letter?
- Do you know who to ask to be a reference?

This hands-on workshop will offer you tips for creating or updating your resume, crafting a cover letter and requesting professional references!

You'll receive real & relevant advice from an EMPLOYER!

**Option:** You may bring a copy of your resume or cover letter example



### ERICA EDDINGS

Regional Recruiter Manager  
West Coast City Year Los Angeles

City Year is an education-focused nonprofit organization founded in 1988 that partners with public schools to help keep students in school and on track to succeed. **For more info:**  
[cityyear.org](http://cityyear.org)

Tuesday,  
Feb. 10th @ 1-2PM  
Chalon Campus  
Humanities 201

### Learning Assistance Programs/ISAE

H-207—Ext. 4144

#### LAP Workshop

Are you questioning your grade on a paper? Not sure why you received that score? Then RSVP to the LAP Workshop How Your Teacher Grades your paper: The inside Scoop on Tuesday, February 10th from 1:00pm-2:00pm. Sign up through the Learning Center Portal Page.

#### ISAE – DON'T RISK DEACTIVATION!!!

- \*Meet with your ISAE Counselor  
(Freshmen 3x/sem; Soph. 2x/sem; Jr./Sr. 1x/sem)
- \* Update your Educational Plan (EVERY SEMESTER)
- \*Meet with your Peer Advisor  
(Freshmen 3x/sem; Soph. 2x/sem; Jr/Sr 1x/sem)
- \*Attend minimum of 2 college sponsored cultural, leadership, educational or volunteer Events/Activities EVERY SEMESTER. Sign "non-ISAE/Learning Center" events in log in ISAE Office for credit.

#### Deadlines for ISAE Students to meet with their ISAE Counselor & Peer Advisor for Spring 2015:

- \*Freshmen –February 27th, March 27th and April 27th
- \*Sophomores – February 27th and March 27th
- \*Juniors & Seniors – April 27th

#### Title III STEM Grant

Hiring Peer Mentor/Tutor

Position: Part Time (8-20 hours/week)

Hours: Flexible

Pay Rate: \$14.00 per Hour



To Apply: Please submit a resume, cover letter, and unofficial MSMC transcript to Sandy Chávez, STEM Advisor, at [schavez@msmc.la.edu](mailto:schavez@msmc.la.edu)

**Application Due: February 13, 2015 by 3:00 pm**

#### The Purpose of the STEM Peer Mentoring Program:

The purpose of the Title III STEM grant is to assist first-year and transfer students in making a successful transition to MSMC. STEM participants will receive academic and personal support by providing them with a Peer Mentor who will guide and support the student throughout her initial year of enrollment.

#### Peer Mentor Qualifications and Requirements:

1. Must possess a minimum of a 2.75 GPA at the time application is submitted
2. Must be an incoming (2015-2016) sophomore, junior, or senior of undergraduate degree with a STEM major
3. A minimum of one-year previous mentoring/tutoring experience

**\*Failure to maintain a 2.75 GPA per semester will result in probation or termination of the Peer Mentor position.**

### STEM's Speaker Series:

**\*\*ALL MAJORS WELCOME\*\***

Having trouble setting goals and reaching them?

Join Dr. Nevarez & Dr. Sanchez as they guide us to productive goal achievement!

When: Thursday, February 12th

1:00-2:00 pm

Where: Campus Center East



Department of  
Family Medicine

## CPS Tip of the Week



### What is your love language?

Each person has a primary love language that we must learn to speak if we want the person to feel loved. Learn about the 5 love languages.

WHICH LOVE LANGUAGE	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
<b>WORDS OF AFFIRMATION</b>	Encourage, affirm, appreciate, empathize. Listen actively.	Send an unexpected note, text, or card. Encourage genuinely.	Non-constructive criticism, not appreciating effort.
<b>PHYSICAL TOUCH</b>	Non-verbal—use body language and touch to emphasize love.	Hug, kiss, hold hands, show physical affection regularly.	Physical neglect, long stints without intimacy, receiving affection coldly.
<b>RECEIVING GIFTS</b>	Thoughtfulness speak purposefully.	Give thoughtful gifts. Small things matter. Express gratitude when receiving a gift.	Forgetting special occasions, unenthusiastic gift receiving.
<b>QUALITY TIME</b>	Uninterrupted and focused conversations. One-on-One time is critical.	Create special moments together, take walks and do small things.	Distractions when spending time together.
<b>ACTS OF SERVICE</b>	Use action phrases like "I'll help..." They want to know you're with them partnered with them.	Do chores together. Go out of your way to help alleviate their daily workload.	Making the requests of others a priority, lacking follow-through on tasks big and small.



Doheny Office (213) 477-2668, McIntyre, 1st Floor  
Chalon Office (310) 954-4114, Humanities, 1st Floor



WELLNESS...  
THE MOUNT WAY

## MARDI GRAS

### Save The Date!

Tuesday February, 17th

Questions? Contact Campus Ministry!

campusministry@msmu.edu  
x4125 (Chalon)  
x2672 (Doheny)



Mount Saint Mary's University's  
African American Council of Women Presents

~I'm Every Woman~



An Evening Celebrating the  
Achievements of African American  
Women

Dinner and Entertainment Provided  
Saturday, February 21<sup>st</sup>  
2-6PM

\$10

12001 Chalon Road  
Los Angeles California 90049

For tickets, please contact:  
asiamccr@mysmsmc.la.edu

## Language Placement Test

Wed, February 18<sup>th</sup>

9:00am

Room H402

Must sign up on the MSMU Portal under  
Academic Advisement



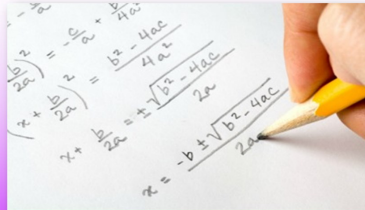
## Math Placement Test

Friday, February 20<sup>th</sup>

2:00 pm

Library 4<sup>th</sup> fl. Comp Lab

Must sign up on the MSMU Portal under  
Academic Advisement



## Weekend Events

Friday 2/13

Catch a movie down at



The Bruin Theater

Saturday 2/14

Happy Valentine's  
Day!



Sunday 2/15

Join the Mount  
Community for  
Mass



Location: Chalon Chapel  
Time: 7 p.m.

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu







# Athenian Weekly

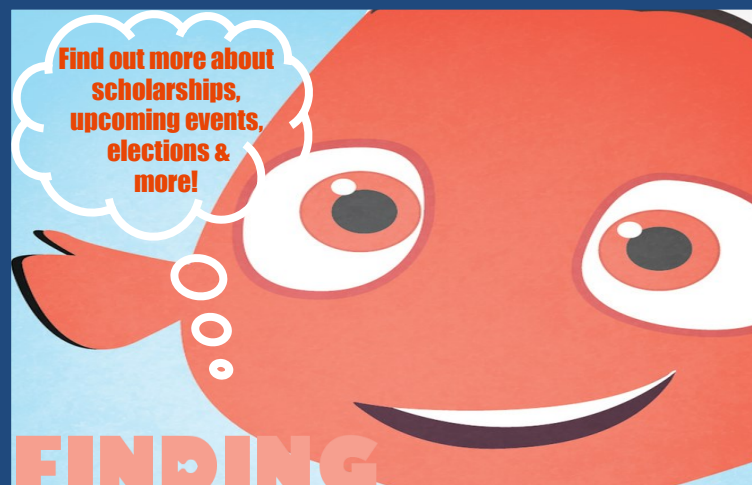


Athenian Promise: I will honor, challenge and contribute to the scholarly heritage left by those who preceded me and work to leave this a better place for those who follow. (6 out of 6)

Volume 1, Issue No. 25

Monday, February 16, 2015

Published by the Office of Student Affairs



Find out more about scholarships, upcoming events, elections & more!

## FINDING CNSA 2ND GENERAL MEETING

February 18th, 2015 6:30pm  
@ The Campus Center

## THURSDAY THEATER PRESENTS:

DANIEL DAY-LEWIS

# LINCOLN

FEBRUARY 19, 2015

STUDENT  
LOUNGE

12:30PM-2:30PM

4:30PM-6:30PM



SPONSORED BY STUDENT PROGRAMMING & COMMUTER SERVICES  
H200A • (310) 954 - 4120 • [STUDENTPROGRAMMING@MSMU.EDU](mailto:STUDENTPROGRAMMING@MSMU.EDU)




**Have you ever written a poem or a song and wanted to share it with others?  
Do you want to support those who have?  
Join us at the City of Angels Café  
for an evening of poetry and musical performances!**

**Date:** Thursday, February 26th  
**Time:** 6:30 PM  
**Location:** Angel's Amphitheatre



Angel's Amphitheatre  
South of the Campus Center

**Free churros, hot chocolate, and coffee will be provided!**  
**Performers will receive a free shirt**  
Follow us on Twitter and like us on Facebook  
@MSMUAngelsCafe



*February 18*

**Chalon in Mary Chapel:**  
8-8:30am Prayer Service with ashes  
12:05-1pm MASS with ashes  
7:30-8:10pm Prayer Service with ashes

**Doheny in Our Lady of Mercy Chapel:**  
9:30-10am Prayer Service with ashes  
12:30-1:30pm MASS with ashes  
7:30-8:10pm Prayer Service with ashes

## Ash Wednesday at the Mount

Campus ministry@msmu.edu      Chalon: H: 1st Floor



# Mount Saint Mary's University Student Handbook

## {UNSTOPPABLE} Cover Contest!

WIN \$100!

APPLICATIONS AVAILABLE ONLINE AT

<https://welcome.mount.msmc.la.edu/student-life/student-programming/Pages/CoverContest.aspx>

SUBMIT DESIGN BY **MARCH 9**

LEAVE YOUR LEGACY AT THE MOUNT!

EMAIL: [studentprogramming@msmu.edu](mailto:studentprogramming@msmu.edu) || PHONE: (310) 954-4120

# TUTORPALOOZA

*Get Ready for Midterms*

**Thursday, February 19th 12:00 pm—2:00 pm**

Fresh Juice for the first 75 people and Pinkberry for the first 100 people

Sponsored by Learning Assistance Programs

## Top Ten Reasons You Should Attend Tutorpalooza

1. Learn in a welcoming and intellectually stimulating environment
2. Find your soul tutor
3. Free Pinkberry if you ask two course related questions
4. Achieve academic success
5. Get a head-start on midterm prep
6. Free, fresh, organic juice if you ask two course related questions
7. Interact with tutors covering a variety of subjects
8. See a Professional tutor without an appointment
9. Talk with a Supplemental Instructor
10. Win raffle prizes

## CPS Tip of the Week

What do the following people have in common??

Adele

Ernest Hemingway

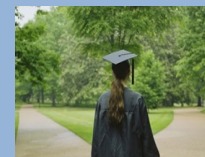
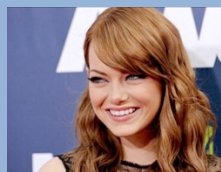
Angelina Jolie

David Beckham

Emma Stone

Vincent Van Gogh

Johnny Depp



All have been diagnosed or treated for a mental health condition.

**25% of college students have a diagnosable mental health condition that can be managed with appropriate treatment.** If you think you may have depression or anxiety, you are not alone!

Call CPS to make an appointment for a free and confidential assessment.



Doheny Office (213) 477-2668, McIntyre, 1st Floor  
Chalon Office (310) 954-4114, Humanities, 1st Floor



WELLNESS...  
The Mount Way

Friday, March 20, 2015 @ 6:30PM

MSMU ID and \$10 non-refundable deposit required

**Ahmanson Theater**

135 N Grand Ave, Los Angeles, CA 90012

Rodgers & Hammerstein's  
*Cinderella*  
The Musical

Questions? Contact us! Student Programming and Commuter Services  
(310) 954-4120 | H200A | [studentprogramming@msmu.edu](mailto:studentprogramming@msmu.edu)



**ATTENTION New Transfer Students!**

Remember, you only have one semester to contest your Transfer Credit Evaluation.

For more information visit **Academic Advisement** on MyMSMU Portal or stop by during posted drop-in hours.

# Open House

## ACADEMIC ADVISEMENT & CAREER SERVICES

*cordially invite  
you to attend our*

### OFFICE WARMING PARTY

**THURSDAY, FEB 19<sup>TH</sup>**

**10AM - 12PM**

*Come stop by H401  
and celebrate our office  
remodel with us!*



Mount  
Saint Mary's  
University

**Campus Security Safety Tips****Week Six: Disaster Preparedness-Tip 3****Did you know?**

According to U.S. Geological Survey (USGS):

- The earliest recorded evidence of an earthquake has been traced back to 1831 BC in the Shandong province of China, but there is a fairly complete record starting in 780 BC during the Zhou Dynasty in China.
- The hypocenter of an earthquake is the location beneath the earth's surface where the rupture of the fault begins. The epicenter of an earthquake is the location directly above the hypocenter on the surface of the earth.
- The percentage of a stronger quake after a large quake is 5 to 10 percent over seven days following a quake.
- Aftershocks with magnitudes ranging from 3 to 5 are expected to be relatively common over the days or even months following an earthquake.
- The San Andreas fault is NOT a single, continuous fault, but rather is actually a fault zone made up of many segments. Movement may occur along any of the many fault segments along the zone at any time. The San Andreas fault system is more than 1300 km (800 miles) long, and in some spots is as much as 16 km (10 miles) deep.

It's no secret that earthquakes are unpredictable and that is why it's so important to have emergency supplies. Visit the Campus Security portal page, for a 10% online discount code for SOS Emergency Supplies. You will also find helpful resources dedicated to providing emergency management information.



*Safety Tips are brought to you by the Dept. of Campus Security.  
Stay Informed, Stay Alive*



## FEBRUARY



### Let's Get Moving

THESE SIMPLE THINGS CAN HELP YOU ACHIEVE

**WELLNESS.... The Mount Way!**



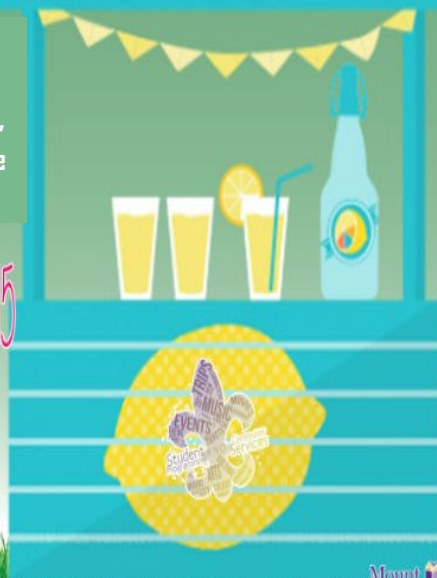
**FOR MORE INFORMATION**  
(310) 954-4110 / (213) 477-2685

## commuter LEMONADE STAND!

Ready for Spring Break?

Join SPCS for free snacks,  
Lemonade, a Road Trip Car Kit,  
and Tips to have a fun and safe  
Spring Break!

Tuesday, February 25, 2015  
1:30 pm @ The Circle



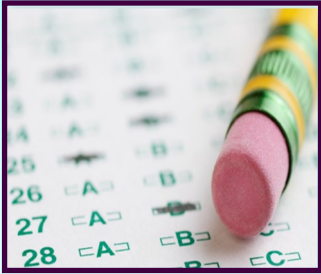
Student Programming & Commuter Services H200A (310)954-4120 studentprogramming@msmu.edu

Mount  
Saint Mary's  
University

## Language Placement Test

Wednesday, February 18th  
9:00 am  
Room H402

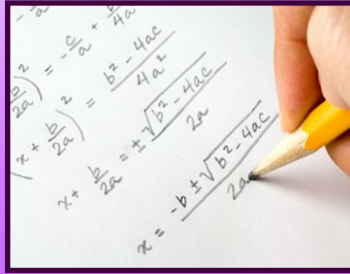
Must sign up on the MSMU Portal  
under Academic Advisement



## Math Placement Test

Friday, February 20th  
2:00 pm  
Library 4th fl. Comp Lab

Must sign up on the MSMU Portal  
under Academic Advisement



## MARDI GRAS Celebration

Tuesday, February 17<sup>th</sup>  
11AM to 2PM

At the Circle on the Chalon Campus  
Celebrate Mardi Gras with food, candy leis,  
mask making, face painting,  
& photos with a Jester!

Mount Saint Mary's University's  
African American Council of Women Presents

## I'M EVERY WOMAN

An Evening Celebrating the  
Achievements of African American Women

Dinner and Entertainment Provided

Saturday, February 21<sup>st</sup>

2-6PM

\$10

12001 Chalon Road

Los Angeles California 90049

FREE tickets for Commuters!!

Sign-up in H200A  
Student Programming &  
Commuter Services Office



For tickets, please contact: [asiamccr@mysmsmc.la.edu](mailto:asiamccr@mysmsmc.la.edu)

## FIGHT BACK ON SPRING BREAK

IS A SPRING BREAK SAFETY PROGRAM BROUGHT TO YOU BY THE  
TEAM OF LADIES OF **GIRLS FIGHT BACK**

SPONSORED BY STUDENT HEALTH SERVICES



ALL ARE  
WELCOME TO  
ATTEND

FREE GIFTS  
While  
supplies last

STUDENTS CAN  
ENTER  
TO WIN

2 TICKETS TO  
DISNEYLAND

Tuesday — February 24, 2015

Chalon Campus

Hannon Theater / 12:00-1:00pm

For more information (310) 954-4110

Wednesday — February 25, 2015

Doheny Campus

Rose Hills Auditorium / 12:00-1:00pm

For more information (213) 477-2685

## Weekend Events

### Friday 2/20

Visit the Hammer Museum in the  
Westwood Village.

Admission is free until 8 PM

### Saturday 2/21

Celebrate the  
**LUNAR NEW YEAR**

Chinese Chamber of Commerce  
presents: 116th Annual Dragon Parade

977 North Broadway, Los Angeles, CA 90012

### Sunday 2/22

Join the Mount  
Community  
Attend Mass  
at 7 PM  
on the Chalon  
Campus



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmu.edu](mailto:athenianweekly@msmu.edu)





# Athenian Weekly



Athenian Promise: I will embrace the concept of a civil community which does not tolerate violence, theft, bigotry, or harassment of others in any form. (1 out of 6)

Volume 1, Issue No. 26

Monday, February 23, 2015

Published by the Office of Student Affairs

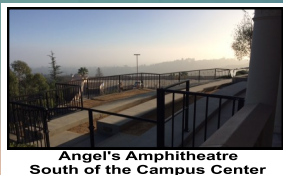
## City of Angels Cafe

Have you ever written a poem or a song and wanted to share it with others?  
Do you want to support those who have?  
Join us at the City of Angels Café  
for an evening of poetry and musical performances!

Date: Thursday, February 26th

Time: 6:30 PM

Location: Angel's Amphitheatre



Angel's Amphitheatre  
South of the Campus Center



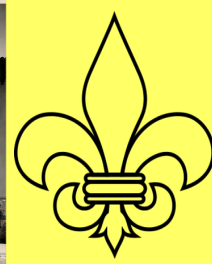
Free churros,  
hot chocolate, and coffee  
will be provided!  
Performers will receive a free shirt

Follow us on Twitter and like us on Facebook  
@MSMUAngelsCafe

Join Us to Celebrate  
the Sister's of St.  
Joseph of  
Carondolet!



Fill out an  
Appreciation  
Fleur de Lis to  
our Founding  
Mothers!



Date: Wednesday,  
February, 25, 2015

Time: 1-2 pm

Where: Administration Lawn

*"Deus Illuminatio Mea"*  
*My God, the illumination*

Sponsored By:  
The Office of Student Affairs  
(310) 954-4130

## LIVE FROM THE REDCARPET MOUNT COMMUNITY NIGHT

### 2015 WINNERS!!

1st place: Alanah Nicosia

Song: Think of me —Phantom of the Opera

2nd Place: Justin Gutierrez, Diana Ponce,  
Crystal Haro-Sanchez

Dance to: La Loba del Mal  
by Paraiso Tropical de Durango

3rd Place: OnJonet Williams

Spoken Word Poet



FOR MORE INFO, GO TO THE WOMEN'S LEADERSHIP OFFICE


PRESENTED BY CHALON SAC

"FIGHT BACK ON SPRING BREAK," IS A SPRING BREAK  
SAFETY PROGRAM BROUGHT TO YOU BY THE TEAM OF  
LADIES OF GIRLS FIGHT BACK

SPONSORED BY STUDENT HEALTH SERVICES

STUDENTS  
CAN ENTER  
TO WIN

2 TICKETS TO  
DISNEYLAND



**FIGHT BACK  
on  
SPRING  
BREAK!**

ALL ARE  
WELCOME TO  
ATTEND

FREE  
GIFTS  
WHILE SUPPLIES  
LAST

Tuesday - February 24, 2015

Chalon Campus

Hannon Theater / 12:00-1:00pm

For more information (310) 954-4110

Wednesday - February 25, 2015

Doheny Campus

Rose Hills Auditorium / 12:00-1:00pm

For more information (213) 477-2685



# March 11, 2015

## Brady 1st Lounge



### 7:30-8:30pm



Bring your questions & concerns. Learn what ASB, Residence Life, & Campus Security are doing to improve your living experience on campus!

Brought to you by:

ASB

Residence  
Life

Campus  
Security

### Apply Today!

### Commuter Mentor Positions Available!

### Deadline Extended to February 25!

**Chemistry, Liberal Studies, Math, Music,  
Philosophy, and  
Religion Studies Majors Needed**

### Great LEADERSHIP opportunity!

**Requirements to apply: Cumulative GPA of 2.5 or higher, must be willing to commit to the position for the entire academic school year, must be enrolled as a full time student.**

**For more information or questions, please contact ext. 4120, visit H200A, email [studentprogramming@msmu.edu](mailto:studentprogramming@msmu.edu)**



### Help Wanted

**Do you want extra material for your portfolio?**



ADthenians are filming a commercial for Pizza Hut. We are currently seeking interested students to be part of the cast and crew. Film majors are appreciated, but all are welcome to join.

Contact

[victvill@mymsmc.la.edu](mailto:victvill@mymsmc.la.edu) or

[tanyamora2187@mymsmc.la.edu](mailto:tanyamora2187@mymsmc.la.edu)

for more information



## Mount Saint Mary's University



**Let us recognize you for your service to Los Angeles!**

**We want to recognize the individuals at the Mount who are leading the way in service to others by acknowledging them at the Athenian Leadership end-of-the-year award ceremonies.**

**In order to do this, we need to know what you are doing!** For all of you who have or are volunteering or serving in the community this academic year, please create a profile on [GiveGab](http://www.givegab.com) by going to [www.givegab.com](http://www.givegab.com). Be sure to follow the [Mount Saint Mary's University GiveGab page](http://www.givegab.com). There you can also post photos, make comments and "love" comments by others. **There is one more important step:** log your service hours on the Mount [Impact page](http://www.givegab.com) where you can see the impact your service has in the community and find out where other Mount community members are serving!

This will help Mount Saint Mary's and Community Engagement properly recognize those who are leading the way in volunteering and service, and honor all our **UNSTOPPABLE** students who reach to better themselves and others throughout the year!

For questions, contact Khirsty Randle, Community Engagement GiveGab Specialist, at [khirrand@mymsmc.la.edu](mailto:khirrand@mymsmc.la.edu) or Kimberly Terrill, Director of Community Engagement at [kterrill@msmu.edu](mailto:kterrill@msmu.edu).



## 2nd Annual STEM EXPO: Endless Possibilities Await

Networking opportunities with:

- City of Hope
- UCSB Graduate School
- UCI Math Graduate Program
- California Forensic Science Institute
- UCLA Teacher Education Program
- Cal-TECH Graduate School
- USC KECK School of Medicine
- Children's Hospital
- COPE Health Solutions
- Latinas in STEM
- UCLA School of Medicine
- Boeing
- And Many More...

\*Snacks, Prizes and Tote Bags will be provided while supplies last\*

March 12, 2015  
Chalon Campus Center  
12:00pm - 2:30pm

For more information please contact  
Sandy Chavez: [Schavez@msmu.edu](mailto:Schavez@msmu.edu)



## Learning Assistance Programs/ISAE

H-207-Ext. 4144

### LAP Workshop

Are you having trouble with logic? Are you having difficulties with your Philosophy class? Then RSVP to the LAP Workshop *Logic: The Rules for Clear Thinking* on Wednesday, February 25<sup>th</sup> from 5:00pm-6:00pm. Sign up through the Learning Center Portal Page.

### ATTENTION ISAE STUDENTS

ISAE students join us on Friday March 13<sup>th</sup> at 5:00pm at the Chalon Campus Center for a night of fun games, delicious food and amazing raffle prizes. Sign-ups begin Monday, February 23<sup>rd</sup> at 9:00am in the ISAE office. Don't forget your \$20 refundable deposit.

### ISAE – DON'T RISK DEACTIVATION!!!

Meet with your ISAE Counselor  
(Freshmen 3x/sem; Soph. 2x/sem; Jr./Sr. 1x/sem)

Update your Educational Plan (EVERY SEMESTER)

Meet with your Peer Advisor  
(Freshmen 3x/sem; Soph. 2x/sem; Jr/Sr 1x/sem)

Attend minimum of 2 college sponsored cultural, leadership, educational or volunteer Events/Activities EVERY SEMESTER. Sign "non-ISAE/Learning Center" events in log in ISAE Office for credit.

### Deadlines for ISAE Students to meet with their ISAE Counselor & Peer Advisor for Spring 2015:

Freshmen – February 27<sup>th</sup>, March 27<sup>th</sup> and April 27<sup>th</sup>  
Sophomores – February 27<sup>th</sup> and March 27<sup>th</sup>  
Juniors & Seniors – April 27<sup>th</sup>

## commuter LEMONADE STAND!

Ready for Spring Break?  
Join SPOS for free snacks,  
lemonade, a Road Trip Car Kit,  
and Tips to have a fun and safe  
Spring Break!

Tuesday, February 24, 2015  
1:30 pm @ The Circle



Student Programming & Commuter Services H200A (310)954-4120 [studentprogramming@msmu.edu](mailto:studentprogramming@msmu.edu)

## Thursday Theater Presents:

February 26, 2015

Student Lounge

12:30pm-2:30pm

4:30pm-6:30pm

# RUSH HOUR 2



Sponsored by Student Programming & Commuter Services •  
H200A • (310) 954-4120 • [StudentProgramming@msmu.edu](mailto:StudentProgramming@msmu.edu)

### ADVISEMENT PERIOD SPRING 2015

February 23<sup>rd</sup> – March 20<sup>th</sup>

Please be sure to mark your calendars!

#### Who is my Advisor?

Students are primarily assigned departmental **faculty advisors**. Pre-Nursing and Undeclared students are assigned advisors in **Academic Advisement**.

#### Check your Web Advisor, Student Profile section for your advisor assignment!

Don't forget to make an appointment with your advisor! You **must** have an advisement appointment in order to register for your **Fall 2015** classes.





## CPS Tip of the Week



### 5 Scientifically Proven Ways to be Happier

Being happy may just be the single most important thing you can do for your health. Actually, here are 5 *science-based* ways to be happier to help you to get back to smiling in a flash.

**1. Exercise:** A study in the *Journal of Health Psychology* found that people who exercised felt better about their bodies even when they saw no physical changes.

**2. Spend More Time with Friends/Family:** Several studies have found that time spending time with friends and family makes a big difference in how happy we feel. Social time is highly valuable when it comes to improving our happiness, even for introverts. Call them now!

**3. Get Outside More:** One study found that spending 20 minutes outside in good weather not only boosted positive mood, but broadened thinking and improved working memory.

**4. Help Others:** According to the Journal of Happiness, 100 hours per year (or two hours per week) is the optimal time we should dedicate to helping others in order to enrich our lives.

**5. Smile:** According to PsyBlog, smiling makes us feel better which also increases our attentional flexibility and our ability to think holistically.



#### How cool is that?

Doheny Office (213) 477-2668, McIntyre, 1st Floor  
Chalon Office (310) 954-4114, Humanities, 1st Floor



WELLNESS...  
THE MOUNT WAY

Reference: <http://www.inc.com/jeff-haden/15-scientifically-proven-ways-to-be-happier.html>

Mount Saint Mary's University  
**{ UNSTOPPABLE }**

**Student Handbook Cover Contest!**



APPLICATIONS AVAILABLE ONLINE AT

<https://welcome.mount.msmc.ca.edu/student-life/student-programming/Pages/CoverContest.aspx>

SUBMIT DESIGN BY **MARCH 9**

LEAVE YOUR LEGACY AT THE MOUNT!



EMAIL: [studentprogramming@msmu.edu](mailto:studentprogramming@msmu.edu) || PHONE: (310) 954-4120

## Campus Security Safety Tips-

### Week Seven: Student ID Requirement

For your safety, all students are required to carry their MSMU ID at all times. Students are also required to present their ID card upon request from MSMU Officials. The MSMU ID card is necessary for Food Services, Health Services, Library use, access to Fitness facilities, University sponsored events, check cashing in the Business Office, checking out items at the Residence Desk, picking up mail packages, boarding the Shuttle, and for security purposes. If you lost your MSMU ID, replacement cards may be obtained in the Food Services Office for \$12 with the same picture or \$15 with a new picture. The MSMU ID card also serves as the resident student meal card. MSMU ID cards are only valid when affixed with a sticker indicating the current semester and year. An ID may be required for any MSMU service.

*Safety Tips are brought to you by*

*The Dept. of Campus Security.*

*Stay Informed, Stay Alive.*



## SUDOKU

### Level A. Puzzle #4. Piece of Cake

Try to fill in all of the empty boxes so that:

- Each row contains the numbers 1 Through 9
- Each column contains the numbers 1 through 9
- Each square 3 by 3 contains the numbers 1 through 9

		1		6	5		3	7
3				2	9	1	6	
	6	4						
	2	8			4			3
			1		7			
5			2			6	9	
4						5	2	
	5	6	9	4				8
9	1		5	8				

## Weekend Events

**Friday 2/27**

**Start off Spring Break right!**

Head down to the Fitness Center & get a good workout!



Open from

7 am to 6pm

**Saturday 2/28**

Enjoy a nice movie night with the RAs at the Brady 1st Lounge

7:00 to 9:00PM



**Sunday 3/1**

**HEAD DOWN TO THE BOILING CRAB & GRAB SOME DELICIOUS SEAFOOD.**



*Now Open in Westwood.*

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmu.edu](mailto:athenianweekly@msmu.edu)





# Athenian Weekly



Athenian Promise: I will commit myself to the pursuit of knowledge with personal integrity and academic honesty. (2 out of 6)

Volume 1, Issue No. 27

Monday, March 9, 2015

Published by the Office of Student Affairs

## MARCH Nutrition



**\*Healthy meals should include a daily breakfast.**

**\*Limit your intake of foods that are high in sugar and fat.**

**\*Make an appointment for a FREE Nutrition Consultation in Student Health Services.**

THESE SIMPLE THINGS CAN HELP YOU ACHIEVE

**WELLNESS.... The Mount Way!**



FOR MORE INFORMATION  
(310) 954-4110 / (213) 477-2685

## Microsoft® Office 365

**COMING SOON TO YOUR INBOX...[StudAcct123@msmu.edu](mailto:StudAcct123@msmu.edu)!**

**Great News!** Mount Saint Mary's University will be creating each student their own **Office 365 email account**. You will now be able to converse more easily with faculty and campus administrative offices. We will all be on the same email system. Look for updates during the Spring 2015 on when you will get your new account and how you can move your current Gmail account emails to your new account if you want to keep them.

Many features will be coming with this account. Not only do you get an @msmu.edu email address, but you will be able to download the Office 365 software to your personal computer-including **WORD, EXCEL, POWERPOINT, OUTLOOK, and ONE NOTE** and continue to use this while a student at MSMU. If you have any questions, stop by the Media Center at either campus and get a tour of Office 365.



## MARIO KART

### Safe and Respectful Driving!

**Fact: the speed limit turning onto Norman Place is 25mph.**

**Fact: the speed limit over the speed bumps on Bundy is 15mph**

**Fact: the turn from Norman Place turning onto Chalon Road is 10mph**

**Be respectful of our neighbors! When driving up to campus, turn right on Norman Place up to Chalon Road. Also turn right when leaving the campus as well. Share this information with your family and friends too!**

## atd presents... Hiking for a Cause

Thursday, March 12  
4:00pm @ the Fitness Center  
1 Walk & 1 Social  
\$10 minimum Donation to:  
Make A Wish = 1 Service & Pin  
Entry into raffle for prizes  
Join us in hiking the fire trail ☺







# Summer Housing 2015!

Available to Chalon and Doheny  
Traditional Undergraduate Residents

More details to come soon!

If you have any questions, contact the Residence Life Office,  
Doheny (Hannon 123) at ext.2661 or Chalon (Brady 101) at ext.4325

## CPS Tip of the Week

### 5 Tips for Making it After Spring Break

Maybe you went to the beach, maybe you finally caught up on Netflix. No matter how you spent your break, it can be hard to get back to your routine of the semester. Here are five tips designed to help you come back and do your best as you finish up the year.

1. **Get some rest**—7-8 hours of sleep so you can wake up feeling refreshed, and ready to take on the day.
2. **Have a good breakfast**—Eating a healthy breakfast increases your chances of staying awake and focused throughout the day.
3. **Make time to re-organize**—Let's face it. We all have those times when we plan to get something done over the break. Maybe it was that English paper or the big project due at the end of the semester. If you are like many, you may not have gotten as far with the project as you like. Rather than feeling bad, take the time to re-organize and set goals for yourself to prioritize what is important and break down your workload into smaller tasks.
4. **Know when to get help**—Around this time of the semester, the workload can feel heavy. If you find yourself feeling overwhelmed, connect with other students to study and review together. Talk to your professor and ask for help. You can also call or walk in to set up an appointment with Counseling & Psychological Services for coping and time management skills.
5. **Know when to relax**—With so many things going on, it can be hard to set aside time to relax. BUT.... Relaxation is important for your physical and mental health. Relaxation can keep you focused and on track to completing your goals and making it to the end of the semester. So take some time to settle in and don't forget these key words:

**Rest, Breakfast, Organize, Help, and Relax**

Adapted from "COMING BACK FROM SPRING BREAK? 5 TIPS FOR GETTING BACK TO NORMAL" by LaShanna Saunders at Utica College, Mar 27, 2014



Doheny Office (213) 477-2668, McIntyre, 1st Floor  
Chalon Office (310) 954-4114, Humanities, 1st Floor



## Veteran Outreach Association

### Meeting

Monday, March 9th at 12:30 p.m.  
Campus Center NW

Join us to learn more about the VOA club! We will discuss about upcoming events, leadership opportunities, and more.

Questions? Contact US at [msmc.voa@gmail.com](mailto:msmc.voa@gmail.com)



## \$500 SCHOLARSHIP OPPORTUNITY

### Sr. Berenice Honorary Scholarship

#### Eligibility requirements:

- ✓ Be a current Chalon resident
- ✓ Currently live in the Residence Halls
- ✓ Be a current Sophomore or Junior
- ✓ Be a full time student 12 units or more
- ✓ Be in good standing with the College
- ✓ Plan to live in the Residence Halls in the Fall Semester
- ✓ Must have received a 2.75 GPA the last semester at MSMU and have an overall cumulative GPA of 2.75 or higher
- ✓ Cannot be a current Resident Assistant, Community Assistant or Community Programmer

Pick up an  
application at the  
Residence Life Office  
starting  
March 10, 2015

Complete applications plus three reference forms are due  
Wednesday, March 18 at 4:30PM

Only complete applications will be considered.



## Now Accepting Nominations for Faculty & Staff of the Year!

*These awards honor full time  
faculty and staff members who have made a  
positive impact on the lives of students at  
Mount Saint Mary's University*

### Last year's winners:

*Faculty: Dr. Luiza Nogaj  
Staff: Chinako Belanger*

**NOMINATE A FULL-TIME  
FACULTY OR STAFF MEMBER**

[HTTPS://ORGSYNC.COM/54559/FORMS/132973](https://orgsync.com/54559/forms/132973)

**DEADLINE FRIDAY MARCH 20TH  
AT 12 PM (NOON)**

**Interested in any of these careers?  
Come talk to a professional!**



### 2<sup>nd</sup> Annual STEM EXPO: Endless Possibilities Await

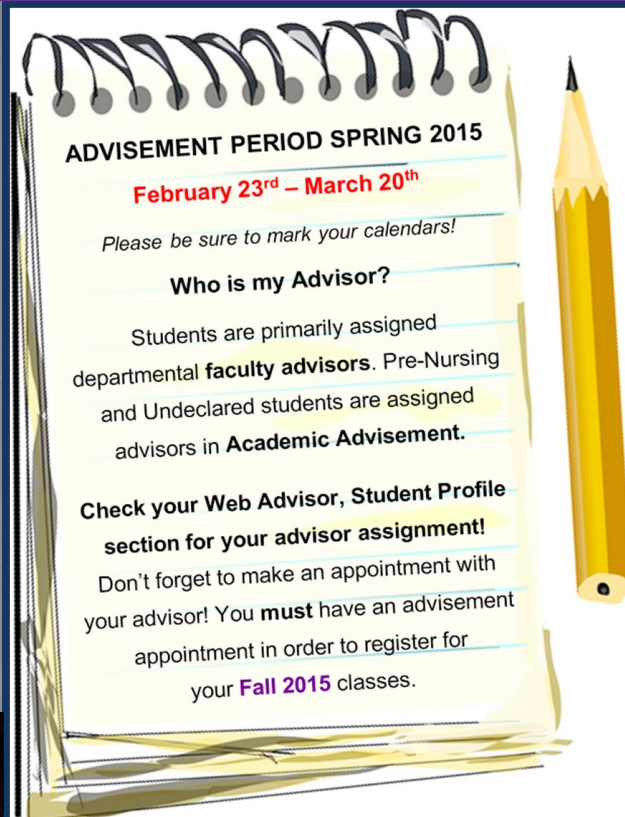
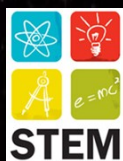
Networking opportunities with:

- City of Hope
  - UCSB Graduate School
  - UCI Math Graduate Program
  - California Forensic Science Institute
  - UCLA Teacher Education Program
  - Cal-TECH Graduate School
  - USC KECK School of Medicine
    - Children's Hospital
    - COPE Health Solutions
    - Latinas in STEM
  - UCLA School of Medicine
    - Boeing
- And Many More...

\*Snacks, Prizes, and Tote Bags will be provided while supplies last\*

**March 12, 2015  
Chalon: Campus Center  
12:00pm - 2:30pm**

For More Information please contact  
Sandy Chavez: [Schavez@msmu.edu](mailto:Schavez@msmu.edu)



## HELP WANTED

**Do you want extra material for  
your portfolio?**



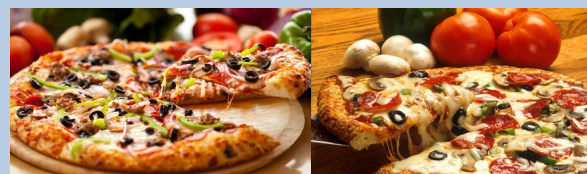
ADthenians are filming a  
commercial for Pizza Hut. We are  
currently seeking interested  
students to be part of the cast  
and crew. Film majors are  
appreciated, but all are  
welcome to join.



**Contact**

[victvill@mymsmc.la.edu](mailto:victvill@mymsmc.la.edu) or  
[tanmora2187@mymsmc.la.edu](mailto:tanmora2187@mymsmc.la.edu)

**For more information.**



**ATTENTION New Transfer Students!**

Remember, you only have one semester to contest your Transfer Credit Evaluation.

For more information visit **Academic Advisement** on *MyMSMU Portal* or stop by during posted drop-in hours.

## Language Placement Test

**Tuesday, April 14<sup>th</sup>**

**1:00pm**

**Room H403**

*Must sign up on the MSMU Portal under  
Academic Advisement*



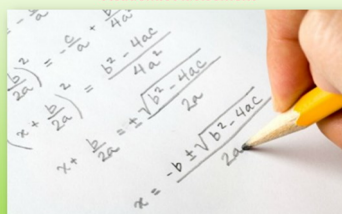
## Math Placement Test

**Thursday, April 16<sup>th</sup>**

**9:00 am**

**Library 4<sup>th</sup> fl. Comp Lab**

*Must sign up on the MSMU Portal under  
Academic Advisement*



We're looking for the next MSMU *Student Health 101*

## CAMPUS CORRESPONDENT!



Think you'd like to become a  
Mount Saint Mary's University

*Student Health 101* **CAMPUS CORRESPONDENT?**

Looking to build your résumé?

Like to produce videos?

Enjoy meeting new people?

Want to help your peers?

Interested in health and wellness?

**Apply for the CAMPUS CORRESPONDENT Internship today!**

[www.studenthealth101.com/cc.html](http://www.studenthealth101.com/cc.html)

For more information please contact us  
Chalon| Humanities 401 | (310)954-4410

# 2015 Job & Internship Fair

## Look Who's Coming!

**Tuesday, March 17th 12-3pm**

**Chalon Campus Center**

**Graduating? Looking for a job? Need an internship?**

**Open for ALL majors and class levels.**

- Alexandria House
- AFLAC
- A Place Called Home
- ARC
- Archdiocesan Youth Employment Services of CCLA
- Beauty Bus Foundation
- California Casualty
- City Year
- Corporation for National and Community Service (AMERICORPS)
- County of Los Angeles Department of Human Resources
- Direct ED
- Enterprise Rent-A-Car
- FBI
- Robert Half
- INROADS
- ISA (International Studies Abroad)
- Intestate Rehab
- KPFK Radio
- Los Angeles County DPSS Volunteer Services
- Niños Del Cielo
- Northwestern Mutual
- Operation Hope
- Pressed Juicery
- Red Cross

**Mount Saint Mary's University**  
Career Services & Internships

**For more information, please contact us:**

**Chalon| Humanities 401 | (310) 954-4410**

## Weekend Events

**Friday 3/13**



**Athenian Café**

**Coffee bar**

**4:00 pm– 5:30 pm**

**Saturday 3/14**

**IT'S PI (π) DAY!**



Celebrate the  
international math  
symbol with some  
real pie!

**Sunday 3/15**



**Join us for  
Mass @  
7:00pm!**

**Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!**

**Submissions are due every Wednesday at 12:00 PM for the next week's issue.**

**E-mail: [athenianweekly@msmu.edu](mailto:athenianweekly@msmu.edu)**





# Athenian Weekly



Athenian Promise: I will respect the sanctity of the learning environment and avoid disruptive and deceitful behavior toward other members of the college community. (3 out of 6)

Volume 1, Issue No. 28

Monday, March 16, 2015

Published by the Office of Student Affairs



## Celebrate the CSJs

March 16 - March 21, 2015



Please join the Mount community as we honor our Sisters of St. Joseph of Carondelet with a week full of festivities!

Tuesday, March 17

**Doheny Campus**

**Blessing of the Sisters & Bread Blessing**

In Ahmanson Commons at 1pm

**Chalon Campus**

**Bread Blessing**

On Brady Patio at 11:30am

Wednesday, March 18

**Chalon Campus**

Join our Mount Community for a **CSJ Appreciation Reception**

in the Campus Center at 2:30pm

Thursday, March 19

**"Serving the Dear Neighbor" Doheny Campus**

Join our Residence Life Team in an RA program  
Where: Hannon Hall 1<sup>st</sup> Floor  
Time: 5:30-7pm

Thursday, March 19

**Feast Day Of Saint Joseph!**

Saturday, March 21

**The President's Invitation to Serve**

Join our Mount Community as we honor the legacy and tradition of the CSJs in Serving Our "Dear Neighbor" with a day of service from **8am-1:30pm**.

RSVP at [www.msmu.edu/InvitationtoServe](http://www.msmu.edu/InvitationtoServe)

or contact Maryann Nguyen x2574

or Kimberly Terrill x2662



*Super!*

## FINANCIAL LITERACY WORKSHOP

**FREE PIZZA!!!**

CHALON	DOHENY
When: Mar. 24, 2015	When: Mar. 26, 2015
Time: 1pm-2pm	Time: 1pm-2pm
Where: Campus Center Plaza	Where: Building 4 Room 114A

- ✓ Learn about Cal Grants & Federal Loans!
- ✓ Find out about approaching deadlines!
- ✓ FAFSA: What does it all mean?
- ✓ Learn what Student Financing & the Business Office can do for you!
- ✓ Learn why your account is on hold & how to prevent it!

THE BUSINESS OFFICE & OFFICE OF STUDENT FINANCING ARE TEAMING UP!

RSVP BY EMAILING US AT: [BUSINESSOFFICE@MSMU.EDU](mailto:BUSINESSOFFICE@MSMU.EDU)

### Campus Security Safety Tips

#### Week Nine: Violence Prevention-Tip 1

There are many types of campus violence including rape, assault, fighting, hazing, dating violence, sexual harassment, bias-related violence, stalking, rioting, disorderly conduct, property crime, and even self-harm and suicide.

Recognizing the signs of a possible violent situation is important to your safety. If something does not feel right, it probably isn't. If you feel uncomfortable in a situation, trust your instincts and leave. If someone is pressuring you to do something you are not comfortable with, it's better to make up an excuse to leave than to stay and be uncomfortable, scared, or worse.

Your safety comes before someone else's feelings or what they may think of you. Report all incidents to Campus Security immediately.

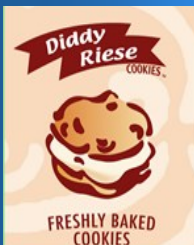
*Safety tips are brought to you by the Department of Campus Security.*

*Stay Informed, Stay Alive.*





## Scholar Mentor Club's Boba & Diddy Riese Fundraiser



March 23, 2015  
12—2 pm  
Hannon Patio



## Thursday Theater Presents:



March 19, 2015  
Student Lounge  
12:30pm— 2:30pm  
4:30pm— 6:30pm

# Tangled



Sponsored by Student Programming & Commuter Services THANKSGIVING  
H200A- (310) 954-4120- StudentProgramming@msmu.edu\*

### The VETERAN OUTREACH ASSOCIATION

will be selling *Diddy Riese Cookies*  
for \$1 each to raise funds for  
*The Heroes Project.*

Tuesday, March 17  
12:00pm- 2:00pm  
Chalon Circle

## Commuter De-Stress Social



Take a break and relax with SPCS! Decorate  
your own Pot of Gold and enjoy a delicious  
Candy Apple!

Tuesday March 17, 2015  
1 PM at Admin Lawn



Student Programming & Commuter Services Office H200A (310) 954-4120 studentprogramming@msmu.edu

### Preparing Women to Lead:

Mount Saint Mary's University

Women's Leadership & the Public Leadership  
Education Network

**2014-2015 PLEN SEMINARS!**  
**Women & Policy**  
**in the Global Community**

May 18-22, 2015

Due: Friday, March 27, 2015

### **SCHOLARSHIPS AVAILABLE!!!**

PLEN offers the above seminars for female students from across the country to learn about the public policy process. Be inspired as you meet with today's foremost women leaders who will share their experiences and knowledge with you — the women leaders of tomorrow.

Open to Sophomores, Juniors and Seniors with a minimum cumulative GPA of 3.0 and a strong interest in public policy. All majors are welcome!

**Applications are now available online:**

<https://orgsync.com/54559/forms/113245>

For more information contact Women's Leadership

Chalon: (310) 954-4350

Doheny: (213) 477-2983



# A Night with . . .

As seen on

the  
sing-off

&amp;

PITCH PERFECT 2

# Tilharmonic



Wed. March 25  
Hannon Theater  
7:45pm - 9 pm

Free food and drink!  
MSMU ID REQUIRED

\*Sponsored by Student Programming & Commuter Services- H200A- (310) 954-4120- StudentProgramming@msmu.edu\*

## CPS Tip of the Week



### SPRING IS HERE!!

Have you been outside lately to get your daily dose of sun and flowers?

Incorporating outdoor activities into your weekly schedule can be a **great** way to reduce feelings of stress and anxiety, as well as boost your mood!

In addition to simply jogging and hiking, would you like to try kayaking, horseback riding, or going to the zoo?! Check out this website for **FUN AND CHEAP** things to do out in LA!

<http://www.discoverlosangeles.com/blog/100-almost-free-things-to-do-la-outdoors>



Doheny Office (213) 477-2668, McIntyre, 1st Floor  
Chalon Office (310) 954-4114, Humanities, 1st Floor



## Message from Academic Advisement:

The deadline to

**ATTENTION NEW TRANSFER STUDENTS!**

**WITHDRAW** from a class with a grade of "W" is **Friday, March 20, 2015** a **\$13.00** fee must be paid at the Business Office.

Remember, you only have **one semester** to contest your Transfer Credit evaluation. For more information visit **Academic Advisement** on MyMSMU Portal or stop by during drop-in hours.

## ADTHENIANS BATTLE BRUINS!



MSMU\_ADTHENIANS



Facebook.com/ADthenians

Save the date! April 10<sup>th</sup> @ Doheny -- Rose Hills Auditorium



Mount  
Saint Mary's  
University

## ADTHENIANS

MEMBERS OF THE AMERICAN  
ADVERTISING FEDERATION

"WORDS AND IDEAS CAN CHANGE THE  
WORLD" - ROBIN WILLIAMS

The Athenian Print  
*presents*



# WORD OF MOUTH

## OPEN MIC NIGHT

TUESDAY, MARCH 24, 2015  
DOORS OPEN AT 6PM

ENJOY  
COMPLIMENTARY  
CANDY BAR !

CHALON VISITOR'S  
DINING ROOM

NOW  
Available  
DAILY!

## NUTRITIONAL WELLNESS

WITH OUR NURSE PRACTITIONER  
45 MINUTE CONSULTATION

If you would like to learn how to achieve or maintain healthy weight, learn about healthy eating habits like mindful eating or simply improve your health...

Call Student Health Services  
to schedule a **FREE** appointment.

**CHALON**

310-954-4110

Mount Saint Mary's  
University  
MARCH 2015

**DOHENY**

213-477-2685

## Shamrock Shake Sale

COME SUPPORT  
ALPHA TAU DELTA!!



Monday,  
3/16/2015

11:30—2:00 pm

Admin Lawn

We're looking for the next MSMU *Student Health 101*

### CAMPUS CORRESPONDENT!

Think you'd like to become a Mount Saint Mary's University  
*Student Health 101* **CAMPUS CORRESPONDENT**

Looking to build your résumé?

Like to produce videos?

Enjoy meeting new people?

Want to help your peers?

Interested in health and wellness?

Open to all Traditional Undergraduates seeking a fun-filled  
Leadership opportunity! This is **NOT** a work study position.

Apply for the **CAMPUS**

**CORRESPONDENT** Internship today!

[www.studenthealth101.com/cc.html](http://www.studenthealth101.com/cc.html)

Student Health 101 is a **FREE** health  
and wellness e-magazine brought to  
you by MSMU Student Health Services.  
out this month's issue by visiting  
[www.readsh101.com/msmu](http://www.readsh101.com/msmu)

Mount Saint Mary's  
University

STUDENT  
health101

msmu student  
health  
services

### LANGUAGE PLACEMENT TEST

Tuesday, April 14th

1:00 PM

Room H403



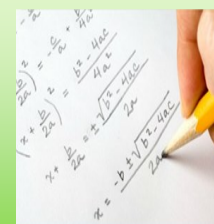
Must Sign up on the MSMU Portal  
under Academic Advisement

### MATH PLACEMENT TEST

Thursday, April 16th

9:00 AM

Library 4th Floor  
Comp. Lab



Must Sign up on the MSMU Portal  
under Academic Advisement

## Weekend Events

Friday 3/20



Happy 1st Day  
of Spring!

Saturday 3/21



Start the Spring off by taking  
a dip in the pool at the Fitness  
Center!

OPEN 10 AM—4 PM

Sunday 3/22

Join the Mount Community for  
Mass @ 7 p.m. in Mary Chapel



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmu.edu](mailto:athenianweekly@msmu.edu)





# Athenian Weekly



Athenian Promise: I will support a culture of diversity by respecting the rights of those who differ from me. (4 out of 6)

Volume 1, Issue No. 29

Monday, March 23, 2015

Published by the Office of Student Affairs

## Violence Prevention– Tip 2

Don't be a victim of Sexual Assault. When you're preparing for a date or a party, make sure to have enough money to pay for your meal and transportation home, if necessary. Have your cell phone charged and with you. Program a taxi company phone number into your directory. There are many taxi apps (Ex. Taxi Magic) which you can download that would allow you to pay with a credit card on your phone.

If you are going to a party, go in a group or with a friend and never leave your drink unattended. It takes only a second to slip something in your drink that would make you vulnerable. Know your limit and stop when you feel the affects of alcohol. Don't ignore sudden feelings of mistrust just because you have known someone for a long time.

You can't tell if a person has the potential to rape based on past behaviors.



REPORT ALL INCIDENTS TO CAMPUS SECURITY.



Safety Tips are brought to you by the Dept. of Campus

Security. Stay Informed, Stay alive.

Join us for...

**BRUNCH WITH**  
*Dr. Haldeman*

March 25th, 2015  
12PM- 1PM

Learn about her career in  
Sociology and enjoy delicious Pancake  
Puppies!

**SAVE THE DATE!!**



The Athenian Print  
*Presents*



**Who:** Grace Wang  
(CFO Green Dot Corporation)

**When:** March 26, 2015 @ 11:20 am

**Where:** The Campus Center

**FREE Pizza and Soda!!**

## The Vantage Point

A Forum for Business Leaders and Entrepreneurs

Sponsored by the Department of Business Administration  
and Sigma Beta Delta Honors Society



With your attendance,  
you'll be entered in a  
raffle to win a gift card  
to Starbucks or  
Chipotle!

Chipotle



**WORD  
OF  
MOUTH**

**OPEN MIC NIGHT**

**TUESDAY, MARCH 24, 2015**  
**DOORS OPEN AT 6PM**

ENJOY  
COMPLIMENTARY  
CANDY BAR !

CHALON VISITOR'S  
DINING ROOM



**Thursday Theater Presents:**

**March 26, 2015**  
**Student Lounge**  
**12:30PM– 2:30PM**  
**4:30PM– 6:30PM**



# WHITE CHICKS

Sponsored by Student Programming & Commuter Services

• H200A • (310) 954-4120  
 • StudentProgramming@msmu.edu

## A Night with . . .

As seen on

the  
sing-off

&

PITCH PERFECT 2

# Tilghman



**Wed. March 25**  
**Hannon Theater**  
**7:45pm - 9 pm**

*Free food and drink!*  
**MSMU ID REQUIRED**



\*Sponsored by Student Programming & Commuter Services - H200A - (310) 954-4120- StudentProgramming@msmu.edu\*

## SING AT THE MOUNT

Any Mount student can join a choir for credit or as an extracurricular activity. Regardless of your background or level of experience, we have a choir for you!



To join a choir, or for more information please contact  
 Dr. Therese Fassnacht, music department chair  
 tfassnacht@msmu.edu

We're looking for the next MSMU *Student Health 101*

## CAMPUS CORRESPONDENT!



Think you'd like to become a  
 Mount Saint Mary's University

### Student Health 101 CAMPUS CORRESPONDENT?

Looking to build your résumé?

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Want to help your peers?

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Mount  
Saint Mary's  
University

STUDENT  
health101



## Women Run the World



## Clothing and Toiletry Drive

March 22nd-28th, 2015

*Items can be dropped off in the Humanities building right at the end of Hannon Foyer*



## Campus Ministry

How is your Rice Bowl collection going? We will be collecting the Bowls at the Chalton Palm Sunday Mass on March 29, or you can bring them to the CM offices during the week of March 30-April 2. Thanks for your support of those in need locally and around the world.

March 30-April 2 - Holy Week

The most sacred days of the Christian year:  
A time marked by simplicity, quiet reflection, fasting and prayer.



Tuesday, March 24  
Reconciliation service  
7pm  
Mary Chapel



Take this opportunity to prepare for Easter by going to Confession.  
Scripture reflection will take place **Tuesday March 24<sup>th</sup> at 2pm** and **Tuesday March 31 at 3pm** with your Campus Minister, Laura.  
Meet at Haven Park, just east of Rossiter dorm, & bring a blanket. Laura will have some treats to share.  
Give yourself the gift of reflection for 30 minutes.

## MATH PLACEMENT TEST

Thursday, April 16th

9:00 AM

Library 4th Floor

Comp. Lab



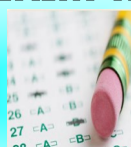
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## LANGUAGE PLACEMENT TEST

Tuesday, April 14th

1:00 PM

Room H403



Must Sign up on the MSMU Portal  
under Academic Advisement

Coming Wednesday April 8th at 6:30pm  
**City of Angels Cafe**

Have you ever written a poem or a song  
and wanted to share it with others?

**Be a performer at the City of Angels Café!**

All performers will receive a City of Angels shirt!

Contact Karen Gonzalez at kgonzalez1@msmu.edu to sign up!

Follow us on Twitter and like us on Facebook @MSMUAngelsCafe



## Scholar Mentor Club's Boba & Diddy Riese Fundraiser



March 23, 2015  
12—2 pm  
Hannon Patio



**Kappa Delta Chi  
presents**

**"Women Run the World"  
A film screening**

**MISS REPRESENTATION**

Wednesday  
March 25th, 2015  
6:30PM Admin Lawn  
Free snacks & drinks!

Preparing Women to Lead:  
Mount Saint Mary's University  
Women's Leadership &  
the Public Leadership Education Network

2014-2015 PLEN SEMINARS!  
Women & Policy  
in the Global Community

May 18-22, 2015  
Due: Friday, March 27, 2015

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Open to Sophomores, Juniors and Seniors with a minimum cumulative GPA of 3.0 and a strong interest in public policy.

All majors are welcome!!

Applications are now available online:

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**Super!**

**FREE PIZZA!!!**

**FINANCIAL LITERACY WORKSHOP**

CHALON	DOHENY
When: Mar. 24, 2015	When: Mar. 26, 2015
Time: 1pm-2pm	Time: 1pm-2pm
Where: Campus Center Plaza	Where: Building 4 Room 114A

- Learn about Cal Grants & Federal Loans!
- Find out about approaching deadlines!
- FAFSA: What does it all mean?
- Learn what Student Financing & the Business Office can do for you!
- Learn why your account is on hold & how to prevent it!

THE BUSINESS OFFICE & OFFICE OF STUDENT FINANCING ARE TEAMING UP!

RSVP BY EMAILING US AT: [BUSINESSOFFICE@MSMU.EDU](mailto:BUSINESSOFFICE@MSMU.EDU)



**Learning Assistance Programs/ISAE****H-207-Ext. 4144****LAP Workshop**

Do you have an important paper coming up? Not sure how to organize your ideas? Then RSVP to the LAP Workshop *Organizing Your Essay: Order from Chaos* on Tuesday, March 24<sup>th</sup> from 1:00pm-2:00pm. Sign-up through the Learning Center Portal Page.

**ISAE STUDNETS**

Join us as we go to the Huntington Garden and Tea Room on Sunday, April 12<sup>th</sup>. This is the final event for the Spring 2015 semester. Sign-ups begin Monday, March 23<sup>rd</sup> at 9:00am in the ISAE Office. Don't forget to bring your \$20 refundable deposit.

**ISAE - DON'T RISK DEACTIVATION!!!**

- Meet with your ISAE Counselor (Freshmen 3x/sem; Soph. 2x/sem; Jr./Sr. 1x/sem)
- Update your Educational Plan (EVERY SEMESTER)
- Meet with your Peer Advisor (Freshmen 3x/sem; Soph. 2x/sem; Jr./Sr. 1x/sem)
- Attend minimum of 2 college sponsored cultural, leadership, educational or volunteer Events/Activities EVERY SEMESTER. Sign "non-ISAE/Learning Center" events in log in ISAE Office for credit.

**Deadlines for ISAE Students to meet with their ISAE Counselor & Peer Advisor for Spring 2015:**

- Freshmen – March 27<sup>th</sup> and April 27<sup>th</sup>
- Sophomores – February 27<sup>th</sup> and March 27<sup>th</sup>
- Juniors & Seniors – April 27<sup>th</sup>

**MAKE MUSIC AT THE MOUNT**

The Mount Orchestra is open to any Mount student, faculty, or staff member as well as the larger college community.



To join an orchestral ensemble, or for more information please contact Chet Swiatkowski  
cswiatkowski@msmu.edu

**REGISTRATION WEEK****Seniors – March 23<sup>rd</sup>****Juniors – March 24<sup>th</sup>****Sophomores – March 25<sup>th</sup>****Freshmen – March 26<sup>th</sup>**

ALL STUDENTS MUST MEET WITH ADVISORS  
PRIOR TO REGISTERING FOR CLASSES

**CPS Tip of the Week**

Feeling overwhelmed or exhausted? Is there no time to go to the gym or exercise? Here are some quick techniques to relax your stress away. Take some time for yourself and try some of these tips:

**Relax Your Body:**

While sitting, lying down, or standing, close your eyes and breathe in slowly.

- ◆ Let the breath out for a count of 5-6 seconds
- ◆ Take in another deep breath counting up to 5-6 seconds
- ◆ Do ten of these super-relaxers any time you feel tense

**Relax your Mind:**

Change irrational thoughts (Eg. Seeing only the worst possible outcome in everything or black and white thinking) to rational ones by avoiding:

- ◆ Jumping to conclusions
- ◆ Overgeneralizations
- ◆ Blaming Others



Doheny Office (213) 477-2668, McIntyre, 1st Floor  
Chalon Office (310) 954-4114, Humanities, 1st Floor



WELLNESS...  
THE MOUNT WAY!

**Weekend Events****Friday 3/27**

Craving some shaved ice?  
Go down to Sawtelle and try...

**Saturday 3/28**

Enjoy the weather and take the Stop-Trans to the Santa Monica Pier!

**Sunday 3/29**

Join the Mount Community for Mass  
@ 7 p.m.  
in Mary Chapel

Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu





# Athenian Weekly



Athenian Promise: I will contribute to the development of a caring community where compassion for others and freedom of thought and expression are valued. (5 out of 6)

Volume 1, Issue No. 30

Monday, March 30, 2015

Published by the Office of Student Affairs

## Campus Security Safety Tips

### Week Eleven: Violence Prevention—Tip 3

Dating violence can happen to anyone. It is important to recognize the "red flags" of an unhealthy relationship to prevent future violence. Signs of an unhealthy relationship can be displayed by the following behavior:

- Insulting you in front of others
- Controlling your money and finances
- Quickly losing his or her temper with you or someone else
- Demanding to know where you are at all times
- Getting extremely jealous of your time spent with others
- Hitting
- Pushing
- Acting out violently

If you find yourself scared of your dating partner, feeling depressed or anxious, losing interest in or giving up activities that once were important to you are also signs that this is an unhealthy relationship and you need to get out. Feeling safe in a relationship is crucial. No matter what you may have done to upset your partner, you never deserve to be treated in a degrading or violent manner. Your dating partner should never put you down or make you feel bad about yourself. Healthy dating relationships require responsibility and mutual respect. Dating should be fun! Feeling fearful or unsafe is not fun! Remember always report incidents to Campus Security.



Safety Tips are brought to you by the Dept. of Campus Security.

Stay Informed, Stay Alive.



## CPS Tip of the Week



### GIVE YOURSELF A SELF-ESTEEM MAKEOVER

1. **Are you continually playing negative tapes in your mind?** Eject them and insert new tapes! You may have to make a conscious effort. When the critical tape starts playing, picture yourself hitting the "stop" button and insert a new, positive tape.
2. **Do not use your weight or appearance to measure your self-worth.** What does appearance have to do with self-worth? Your self-worth is the sum of everything that makes you special and unique - not just your thigh and waist measurements! Add up your assets, talents, how you treat others, how you treat yourself, and the contributions you make to your family, friends and community. Now you have self-worth.
3. **Don't use "all or nothing" thinking.** No one is perfect and no one is a "total failure". Just because you occasionally make a mistake or take a wrong path does not make you a "total failure". It makes you human!
4. **Strut your stuff.** Stop focusing so much on the things you CAN'T do. Instead focus on what you're good at. Capitalize on your strengths and showcase those!

## Sigma Beta Delta & Career Services Presents:

### **SPEED** Interviewing

The quickest way to shake out your nerves and learn... in a one hour, interactive workshop!

Strengthen your interviewing skills by meeting one on one with Mount faculty and staff to gain feedback and advice!

Tuesday, March 31, 2015

1-2 p.m.

Chalon

Humanities 201

Open to all students!



#### Your interviewers are:

**Marlene Simon**  
Career Services & Internships

**Marcy Newman**  
Career Services & Internships

**Beryl Salvatore**  
Student Health Services

**Dr. Micah Daily**  
Learning Assistance Programs

**Dr. David Leese**  
Business Administration

**Dennis Signorovitch**  
Business Administration

**David Perez**  
Learning Assistance Program

**Rosemary Irvine**  
Business Office



Doheny Office (213) 477-2668, McIntyre, 1st Floor  
Chalon Office (310) 954-4114, Humanities, 1st Floor



Like us on Facebook



WELLNESS...  
THE MOUNT WAY!

Mount Saint Mary's University Music Department presents

### **JUNIOR VOICE RECITAL**

**Rachel Yeo**  
**Alanah Nicosia**

**Saturday**  
**April 18, 5pm**  
**Mary Chapel**





# Congrats

## Commuter Mentors!

### WELCOME ABOARD

Patricia Pineda	Angeline Bautista
Stephanie Castillo	Maricela Galvez
Diane Tuna	Sidney Williams
Katherine Guzman	Vanessa De La Torre
Sandra Medina	Daicia Bradberry
Bridget Martinez	Genna Amado
Lourdes Alfaro	Lauren Vandenbosch
Edward Vargas	Melanie Sava
Karla Guardado-Segura	Brenda Valenzuela
Grant Vita	Kayla Taylor
Monalise Fortuna	Nagela Manintim
Bree Pritchett	Magaly Soto Sanchez

2015-2016

## Thursday Theater

### Presents:

April 2, 2015

Student Lounge

12:30pm-2:30pm

4:30pm- 6:30pm

WALT DISNEY Pictures  
presents

# THE LITTLE MERMAID

Sponsored by Student Programming & Commuter Services • (310) 954-4120 • StudentProgramming@msmu.edu

We're looking for the next MSMU *Student Health 101*

## CAMPUS CORRESPONDENT!



Think you'd like to become a  
Mount Saint Mary's University

### Student Health 101 CAMPUS CORRESPONDENT?

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brought to you by MSMU  
Student Health Services. Check  
out this month's issue by visiting  
[www.readsh101.com/msmu](http://www.readsh101.com/msmu)

Mount  
Saint Mary's  
University

STUDENT  
health101



# WE WANT YOU

## Available Positions for 2015-2016:

PRESIDENT VICE PRESIDENT SECRETARY TREASURER

PUBLIC AFFAIRS OFFICER DOHENY LAISON

Email [msmc.voa@gmail.com](mailto:msmc.voa@gmail.com) with the following  
information:

Name, Email, Year, and Position Interested in

## JOIN THE VETERAN OUTREACH ASSOCIATION!

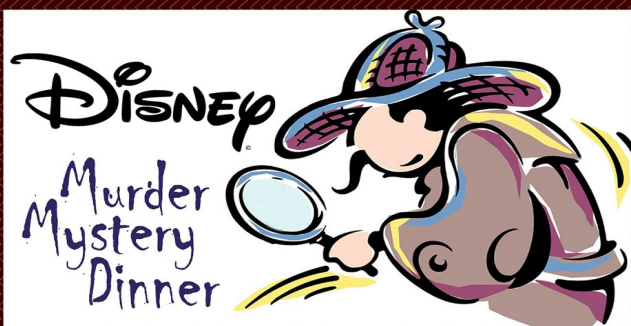
We welcome students from all majors!



## SAVE THE DATE

**Thursday, April 30th**  
@ 6:30P.M.

Scholar Mentor Club's



**Tickets: \$20**

For more information, contact SMC @  
scholarmentors@gmail.com

### ATTENTION New Transfer Students!

Remember, you only have one semester to contest your  
Transfer Credit Evaluation.

For more information visit **Academic Advisement**  
on MyMSMU Portal or stop by during  
posted drop-in hours.

## ALL AMERICAN PICNIC!

**When: Tuesday**  
**April 7, 2015**

**Time: 5:30pm-7:30pm**

**Location: Doheny Pool**

**Must RSVP at:**

**Msmc.voa@gmail.com**

**By March 30, 2015**

**Bring your Friends! Spend an  
afternoon with free food and great company!!**

Sponsored by Mount Saint  
Mary's University

**Veteran Outreach Association**

## Bake Sale on

**Wednesday, April 8<sup>th</sup>, 2015 and**  
**Wednesday, April 15<sup>th</sup>, 2015**

from

**12pm-2pm**

**Outside of Hannon Theatre**

Come enjoy chocolate croissants and Otter Pops!!!



## MARCH Nutrition



- **Resist the urge to stop by the vending machine for a "quick candy bar."**
- **Understand the signs of disordered eating, like deliberate starvation, binge eating or secretive purging.**
- **Make an appointment for a FREE Nutrition Consultation in Student Health Services.**

THESE SIMPLE THINGS CAN HELP YOU ACHIEVE

**WELLNESS.... The Mount Way!**



**FOR MORE INFORMATION:**  
(310) 954-4110 / (213) 477-2685

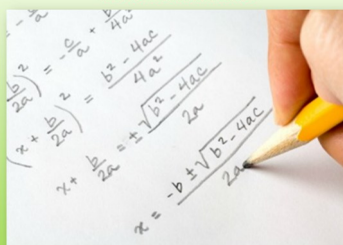
## Math Placement Test

**Thursday, April 16<sup>th</sup>**

**9:00 am**

**Library 4<sup>th</sup> fl. Comp Lab**

*Must sign up on the MSMU Portal under  
Academic Advisement*



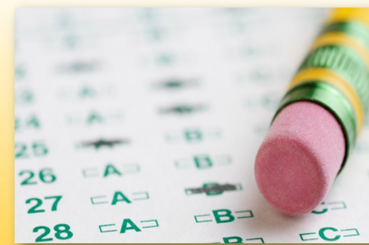
## Language Placement Test

**Tuesday, April 14<sup>th</sup>**

**1:00pm**

**Room H403**

*Must sign up on the MSMU Portal under  
Academic Advisement*





You are invited to the  
*Class of 2015 Senior Farewell Dinner*

Thursday, April 16, 2015  
7:00 p.m. - 9:00 p.m.  
Chalon Campus Center  
Formal Attire

**RSVP**

[www.altismisimi.ediVseniorfarezvell2015](http://www.altismisimi.ediVseniorfarezvell2015)

**\*\*Seating is limited\*\***

Senior Gift presentation to President Ann McElaney-Johnson

Special Guest Speaker

Drawing for VIP graduation seating

Questions? Contact: Maria Solano, Director I Annual Giving 213.4722536

**Class of 2015!**

So much is happening, ***DON'T BE LEFT OUT.***  
***Five*** must do's... check out the links below!!



Be a part of the fun!  
Share pictures of your Mount  
moments for the **2015**  
**Slideshow** which will play  
during the senior farewell dinner.  
[www.alums.msmu.edu/  
slideshow15](http://www.alums.msmu.edu/slideshow15)



Register to win!  
VIP balcony  
seating for your  
guests at graduation  
[www.alums.msmu.edu/vipseating](http://www.alums.msmu.edu/vipseating)

Help your class reach its goal!

\$2,000 for the  
**Class of 2015 Scholarship**  
&  
40% participation  
Give **\$20.15 NOW**  
& honor your grad year  
[www.alums.msmu.edu/classof2015](http://www.alums.msmu.edu/classof2015)



Who will your guest faculty  
speaker be at the **Senior**  
**Farewell Dinner?**  
Vote now!

**Voting closes 3/30/2015**

[www.alums.msmu.edu/seniordinnervote](http://www.alums.msmu.edu/seniordinnervote)



**City of Angels Cafe**

Have you ever written a poem or a song  
and wanted to share it with others?  
Do you want to support those who have?  
Join us at the City of Angels Café  
for an evening of poetry and musical performances!

**Date:** Wednesday, April 8th

**Time:** 6:30 PM

**Location:** Angel's Amphitheatre



Angel's Amphitheatre  
South of the Campus Center



Interested in performing?  
Email Karen Gonzalez at [kgonzalez1@msmu.edu](mailto:kgonzalez1@msmu.edu)  
to sign up. Performers will receive a free shirt!

Follow us on Twitter and like us on Facebook  
[@MSMUAngelsCafe](https://twitter.com/MSMUAngelsCafe)

**HOLY WEEK**

Begins sundown on Saturday, March 29

The most sacred days of the Christian year, a time  
marked by simplicity, quiet reflection, fasting, and  
prayer.

**PRAISE & WORSHIP**

Tuesday, March 31<sup>st</sup>, 8PM

Chalon, Mary Chapel

Join your Campus Ministers for a night of music,  
Singing, prayer, and praise.

**SCRIPTURE REFLECTION**

Tuesday, March 31<sup>st</sup>, 1PM

Chalon, Haven Park

Questions? Contact Campus Ministry!

[campusministry@msmu.edu](mailto:campusministry@msmu.edu)

x4125 (Chalon), x2672 (Doheny)

**Weekend Events**

**Friday 4/3**

**Coming to Theatres**



**FURIOUS 7**

**Saturday 4/4**

Enjoy some pizza  
in Westwood.



**california**  
PIZZA KITCHEN

**Sunday 4/5**

**Happy Easter Athenians**

Enjoy mass @ 7p.m.

at Mary Chapel



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmu.edu](mailto:athenianweekly@msmu.edu)





# Athenian Weekly



Athenian Promise: I will honor, challenge and contribute to the scholarly heritage left by those who preceded me and work to leave this a better place for those who follow. (6 out of 6)

Volume 1, Issue No. 31

Monday, April 6, 2015

Published by the Office of Student Affairs



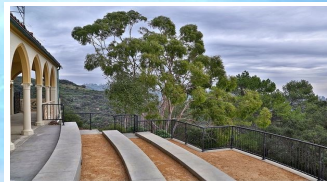
## City of Angels Cafe

Have you ever written a poem or a song  
and wanted to share it with others?  
Do you want to support those who have?  
Join us at the City of Angels Café  
for an evening of poetry and musical performances!

**Date:** Wednesday, April 8th

**Time:** 6:30 PM

**Location:** Angel's Amphitheatre



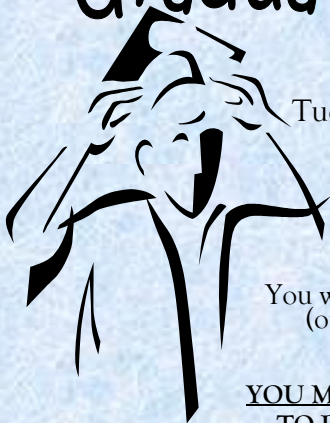
Angel's Amphitheatre  
South of the Campus Center



Interested in performing?  
Email Karen Gonzalez at [kgonzalez1@msmu.edu](mailto:kgonzalez1@msmu.edu)  
to sign up. Performers will receive a free shirt!

Follow us on Twitter and like us on Facebook  
@MSMUAngelsCafe

## Seniors... It's Almost Time!! Graduation Tickets



Tickets will be distributed  
Tuesday, April 7<sup>th</sup> - Friday, April 24<sup>th</sup>

In Humanities 200  
(Student Affairs Office)  
8:00 AM - 4:30 PM

You will receive your eight (8) tickets  
(one for you, seven for guests)

**YOU MUST PRESENT A PHOTO ID  
TO PICK UP YOUR TICKETS!!**

Deadline to pick up tickets is *Friday, April 24th, 2015*

For additional information call  
310. 954. 4130

## Campus Security Safety Tips

### Week Twelve: Violence Prevention– Tip 4

Hazing is a form of violence and is defined as any method of pre-initiation into a student organization or any pastime or amusement engaged with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any student or person.

It is against University policy to conspire to engage in hazing, or commit any act that injures, degrades, or disgraces, or intends to injure, degrade, or disgrace any other student. But more importantly, you can lose your life to hazing and be one of the many victims that have lost their life for the sake of their organization. Stand up and say NO to any organization that tries to pressure you with hazing. Your life is important.

Remember always report incidents to Campus Security.

Safety Tips are brought to you by the Dept. of  
Campus Security. Stay Informed, Stay Alive



## MSMU PRESENTS:



*When? Friday, April 10<sup>th</sup>, 2015*

*Where? Doheny, Rose Hills Auditorium*

*Time? ADthenians present @ 8am*

Support your fellow MSMU students and watch as they battle against other top ranked schools for the implementation of an actual ad campaign for Pizza Hut!



[Facebook.com/ADthenians](https://www.facebook.com/ADthenians)

[MSMU\\_ADTHENIANS](https://www.instagram.com/MSMU_ADTHENIANS)





The Commuter  
Mentor Program  
invites you to our

**L U A U**

April 7, 2015  
1:00 pm – 3:00 pm  
Rossiter Lawn



Hula on over for some fun  
with your Ohana

For program members only!

For more info- call ext. 4120, visit H200A or  
email [studentprogramming@msmu.edu](mailto:studentprogramming@msmu.edu)

**APRIL**

**De-Stress and  
Summer Fun**



THESE SIMPLE THINGS CAN HELP YOU ACHIEVE  
**WELLNESS.... The Mount Way!**

FOR MORE INFORMATION  
(310) 954-4110 / (213) 477-2685



\* Avoid "not  
having enough  
time"

\* Avoid social  
Isolation

\* Evaluate what  
might be stressing  
you out

**HAPPY EASTER!**

Did you know? The 50 days of the Easter  
Season only STARTS on Easter weekend? This  
joyous season will continue until Pentecost,  
May 24th, so we will be celebrating all season long!

**COOKIES!**

Tuesday, April 7th, 2PM  
Chalon, H105, Campus Ministry Office  
Visit the Campus Ministry Office and find  
out what else is going on this week!



**SCRIPTURE  
REFLECTION**

Tuesday, April 7th, 1PM  
Chalon, Haven Park (behind Rossiter)

Questions? Contact Campus Ministry!

[campusministry@msmu.edu](mailto:campusministry@msmu.edu)

x4125 (Chalon)

x2672 (Doheny)

**EMPOW(HER)**

A FILM SHOWING  
RECOGNIZING THE  
LEADERSHIP OF TODAY'S  
MOUNT WOMEN FEATURING

THE  
EMPOWERMENT  
PROJECT  
AND  
EMPOW(HER)

PRESENTED BY:  
[LWS5 LEADERSHIP IN ACTION]  
[WOMEN'S LEADERSHIP]

JOIN US ON  
TUESDAY, APRIL 7  
5:30PM TO 7PM  
AT THE CAMPUS CENTER

REFRESHMENTS PROVIDED!

**Commuters,**

**On Thursday, April 9th @ the Circle 11- 2 PM**

On a  
1st come  
1st serve  
basis!

receive a **FREE** lunch  
at the this year's  
*Spring Carnival* with  
your **Commuter sticker!**

courtesy of Student Programming  
& Commuter Services

**CANDY  
LAND**

**MARIO KART**

April 16th, 1-3 pm

The Circle  
Brought to you by  
Chalon SAC





# Hak Soon Swiatkowski

## Life By The Piano

April 15, 2015

Rossiter Lawn

11:00 am–12:00pm

*"Life is like  
a piano...  
What you get out of  
it depends on  
how you play."  
— Albert Einstein*

RSVP at SPCS

Student Programming & Commuter Services

[Studentprogramming@msmu.edu](mailto:Studentprogramming@msmu.edu) | (310) 954- 4120 | H200A

Learning Assistance Programs/ISAE  
H-207-Ext. 4144

**LAP Workshop**  
**Building Your Future:**  
**Creating an Education Plan**

Tuesday, April 7th  
1:00pm-2:00pm.

Sign up through the  
Learning Center Portal Page.

**ISAE STUDENTS**

Final Event of the Spring 2015 Semester  
Huntington Garden and Tea Room

Sunday, April 12th

Sign-up in the ISAE Office. Don't forget  
to bring your \$20 refundable deposit.

**Deadlines for ISAE Students to meet with their ISAE Counselor &  
Peer Advisor for Spring 2015:**

\* Freshmen -April 27th

\* Sophomores -FINAL DEADLINE HAS PASSED

\* Juniors & Seniors - April 27th

**ISAE - DON'T RISK DEACTIVATION!!!**

\* Meet with your ISAE Counselor

(Freshmen 3x/sem; Soph. 2x/sem; Jr./Sr. 1x/sem)

\* Update your Educational Plan (EVERY SEMESTER)

\* Meet with your Peer Advisor

(Freshmen 3x/sem; Soph. 2x/sem; Jr/Sr 1x/sem)

\* Attend minimum of 2 college sponsored cultural, leadership,  
educational or volunteer Events/Activities EVERY SEMESTER. Sign  
"non-ISAE/Learning Center" events in log in ISAE Office for credit.

## Change Machine



Now located in the  
Student Lounge

Operates

Monday—Friday  
8:30 am—4:00 pm

Accepts:

\$1, \$5, \$10, \$20

SAVE THE DATE

**Thursday, April 30th**

**@ 6:30P.M.**

Scholar Mentor Club's



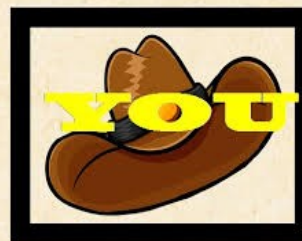
**Tickets: \$20**

For more information, contact SMC @  
[scholarmentors@gmail.com](mailto:scholarmentors@gmail.com)

# WANTED

# ATHENIANS

Thurs.  
4/9/15



11am  
-  
2pm

**HAVING FUN at WILD WILD WEST CARNIVAL**

Come play the carnival games, laser tag and other fun activities

Prizes will vary! Eat cotton candy, italian ice and popcorn!

Also, Send your friends to Time-out at Sheriff Max's Corner

by **DONATING** to the **MAXLOVE PROJECT**.





## Doheny Summer Housing 2015!

Available to Chalon & Doheny Traditional Undergraduate Residents

- Must currently live in traditional undergraduate on-campus housing at Chalon or Doheny for the Spring 2015 semester
- Current residents who are freshmen, sophomores, juniors, and Graduating Seniors are eligible for Summer Housing
- Must be registered as a full-time student (12 units) for the Fall 2015 semester (unless you are a graduating senior)
- Must be cleared with the Business Office at the time of applying for Summer Housing
- Summer Housing is not available for commuters. No exceptions
- Students must be in good standing with MSMU. This means that you cannot have any previous conduct issues.
- Only female summer housing is available at Doheny in House 20
- We will have approximately 7 spaces in triples and doubles



Applications are available starting Wednesday, April 1, 2015

Application are due by Friday, April 17, 2015

For questions, contact the Residence Life Office  
Doheny (Hannon 123) at ext.2661 or Chalon (Brady 101) at ext.4325.

## Bake Sale on

Wednesday, April 8<sup>th</sup>, 2015

&

Wednesday, April 15<sup>th</sup>, 2015

From **12pm-2pm**



**Outside of Hannon Theatre**

Come enjoy chocolate croissants  
and Otter Pops!!!

## Stressed is Just Desserts Spelled Backwards

**FREE Event for ALL Students**

Wednesday, April 8

12:30- 2pm

Admin Lawn

Sponsored by the Psychology Club

Hang out with friends  
Candy Bags!



## CPS Tip of the Week Ways to Love Your Body!



### Go Gently

Don't be hard on yourself. Make a healthy eating plan and have fun with it!

### Be True to You

Don't try to be someone else. Be proud of who you are.

### Control Self-Talk

Keep a list of 10 positive things about yourself.

Or simply put a quote on the wall saying, "I'm beautiful *inside* and out."

### Take Some Time Out

Eat when you are hungry. Rest when you are tired. Spend some time alone and enjoy some activities.

### Accept Help

Confide in someone you trust, and lighten the load.

Want to learn more tips to love your body?



Doheny Office (213) 477-2668, McIntyre, 1st Floor  
Chalon Office (310) 954-4114, Humanities, 1st Floor



Like us on Facebook



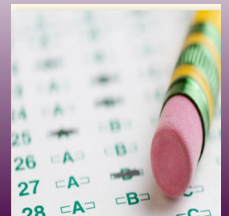
## Language Placement Test

Tuesday, April 14th

1:00pm

Room H403

Must sign up on the MSMU Portal  
under Academic Advisement



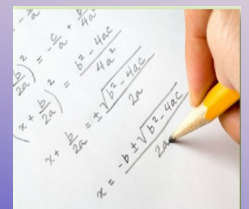
## Math Placement Test

Thursday, April 16th

9:00am

Library 4th fl. Comp Lab

Must sign up on the MSMU Portal  
under Academic Advisement



## Weekend Events

Friday 4/10

Take a  
little  
trip to ...



Exclusively Organic Coffees  
& Fine Teas

Saturday 4/11

Check out  
**DOWNTOWN  
CULVER CITY**  
with some friends!



Sunday 4/12

**Celebrate Mass  
on Sunday**

@7PM



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmu.edu](mailto:athenianweekly@msmu.edu)





# Athenian Weekly



Athenian Promise: I will embrace the concept of a civil community which does not tolerate violence, theft, bigotry, or harassment of others in any form. (1 out of 6)

Volume 1, Issue No. 32

Monday, April 13, 2015

Published by the Office of Student Affairs

## Campus Security Safety Tips

### Week Thirteen: E-Alert

#### Did you know?



This notification system is a voluntary program which will allow those that sign up for the service to be notified of emergencies via email and/or text message to your personal cell phone and University email address. There is no cost to sign up for the service and normal texting messaging rates will be applied if & when the notification system is activated.

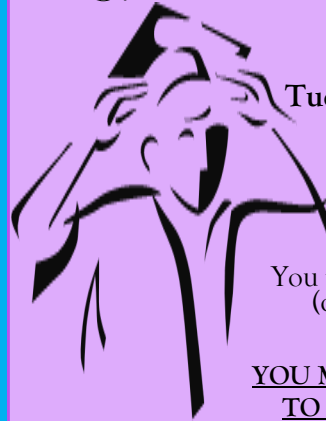
Signing up for the service is easy!

Simply go to [www.MSMU.edu/ealert](http://www.MSMU.edu/ealert) create your account. You will be asked to provide your cell phone number and service provider. Once you have created your account, you will be redirected to another page where you will be asked to enter your code that was texted to your phone to activate your account. You also can add your University issued email address. We strongly advise you to add both your cell phone number and email to your personal notification account to ensure timely notification of problems on or off campus.

If you ever receive a message on your cell phone or email from this system, please follow the instructions carefully. Periodically during a crisis, updates will be sent out to keep you fully informed. Once the event or crisis has concluded, an all clear message will be sent letting you know that it is now safe to resume normal operations.

We encourage all current students, faculty and staff to participate by visiting [www.MSMU.edu/ealert](http://www.MSMU.edu/ealert) and signing up today for the notification system here at Mount Saint Mary's University. You can also visit Campus Security on the Portal to sign up.

## Seniors... It's Almost Time!! Graduation Tickets



Tickets will be distributed

Tuesday, April 7<sup>th</sup> - Friday, April 24<sup>th</sup>

In Humanities 200  
(Student Affairs Office)

8:00 AM - 4:30 PM

You will receive your eight (8) tickets  
(one for you, seven for guests)

**YOU MUST PRESENT A PHOTO ID  
TO PICK UP YOUR TICKETS!!**

Deadline to pick up tickets is **Friday, April 24th, 2015**

For additional information call

310. 954. 4130

## APRIL De-Stress and Summer Fun



- **Don't forget the sunscreen; you'll be happy when your skin looks great!**
- **Keep a clear head when going to parties, use the Buddy system and never leave a friend behind**
- **Don't accept drinks from a stranger**

THESE SIMPLE THINGS CAN HELP YOU ACHIEVE  
**WELLNESS.... The Mount Way!**



FOR MORE INFORMATION (310) 954-4110 / (213) 477-2685

## The Coachella of Kaplan Prep Pre-Nursing Students

An all-day *preparatory workshop* for students taking the Kaplan Nursing School Entrance Exam in the Spring 2015 term

**When.** Sunday, April 26th

**Time.** 8:30 am—4:30 pm

**Where.** To Be Announced

#### Suggested text.

Baron's E—Z Anatomy and Physiology  
Barbara Krumhardt, Ph.D. & I.  
Edward Alcanmo, Ph.D.

Find it on *Amazon.com*  
Bring, Pen, Paper, and Calculator

#### Sign-Up

Chalon Learning Center Portal Page,  
Under "Admissions"



"A knowledge of anatomy is only a dead weight if we do not know how to apply that knowledge with successful skill."

Andrew Taylor Still, D.O., Founder of Osteopathy







## CPS Tip of the Week De-Stress 101



**Stress** is a very natural and important part of life. What we all need is to learn approach matters in more realistic and reasonable ways. Strong reactions are better reserved for serious situations. Manageable reactions are better for the everyday issues that we all have to face. Here are some tips designed to help you stress less.

<u>Take Time for Pleasurable Activities</u>	<u>Take Care of Your Body</u>
<u>Time Management</u> Prioritize Don't take too much on.	<u>Maintain "Perspective"</u> Examine your thoughts for unhelpful/ untrue thoughts
<u>Communication Skills</u> Getting Along with Others, Listen lots, Be assertive	<u>Laugh</u> Watch funny movies, TV, look for the lighter side of life)
<u>Relaxation</u> Slow & deep breathing; imagine pleasant scenes & relax muscles	<u>Talk to Others about Stress</u> friends, family, counselors (CPS is here to help)

Information taken from: Stress Management Workshop Outline Bert H. Epstein, Psy.D. University Counseling and Psychological Services Oregon State University



Doheny Office (213) 477-2668, McIntyre, 1st Floor  
Chalon Office (310) 954-4114, Humanities, 1st Floor



Hosts Movie on the Lawn

**Amélie**

Monday, April 20th arrive at 6:30pm

Enjoy a brown paper bag picnic, popcorn, and a movie scavenger hunt with a prize raffle

\*\*\*\*\*

Brown paper bag presale tickets will be on sale  
April 13th-April 16th

SPCS invites you to...

## COMMUTER APPRECIATION LUAU

Free  
Hawaiian BBQ  
& finals kits!

**TUESDAY, APRIL 21, 2015  
12-2PM**

**ADMINISTRATION LAWN**

Student Programming & Commuter Services H200A (310) 954-4120 studentprogramming@msmu.edu

## Hak Soon Swiatkowski Life By The Piano



"Life is like a piano...  
what you get out of it  
depends on how you play."  
-Albert Einstein

Wednesday, April 15, 2015

Rossiter Lawn

12:00pm-1:00 pm

RSVP at SPCS (H200A)  
Student Programming &  
Commuter Services  
[studentprogramming@msmu.edu](mailto:studentprogramming@msmu.edu)  
(310) 954-4120



## HAPPY EASTER!

### COOKIES!

Monday, April 13<sup>th</sup>, 2PM  
Chalon, H105, Campus Ministry Office



### SCRIPTURE REFLECTION

Tuesday, April 14<sup>th</sup>, 1PM  
Chalon, Haven Park (behind Rossiter)



### PRAISE & WORSHIP

Tuesday, April 14<sup>th</sup>, 8PM  
Chalon, Mary Chapel  
Join your Campus Ministers for a night  
of music, Singing, prayer, and praise.



Questions? Contact Campus Ministry!  
[campusministry@msmu.edu](mailto:campusministry@msmu.edu)  
x4125 (Chalon) x2672 (Doheny)



## WISH Speaker Series

Featuring:

**Carlos Portera- Cailliau, MD, PhD**

Director, UCLA Medical Scientist Training Program

Thursday,  
April 16th



H 506  
1-2 PM

Come and learn more about the Medical Scientist Training Program at UCLA!

Dr. Portera-Cailliau received his Bachelor's degree from UC San Diego (Revelle College) and his M.D./Ph.D. from Johns Hopkins University. His laboratory studies the assembly and plasticity of cortical networks during development and circuit defects associated with a variety of neurological diseases.

<http://mstp.healthsciences.ucla.edu/faculty/carlos-portera-cailliau-md-phd>



**"Out of clutter, find simplicity. From discord, find harmony. In the middle of difficulty lies opportunity." Albert Einstein**



## Bullet Journal Workshop

Let's get organized!

**Bullet Journal Designed by  
Ryder Carroll**

For the list-makers, the note-takers, the Post-It note pilots, the track keepers, and the dabbling doodlers. Bullet journals is for those who feel there are few platforms as powerful as the blank paper page. It's an analog system for the digital age that will help you organize the present, record the past, and plan for the future.

See more at: <http://www.bulletjournal.com/>

[www.bulletjournal.com/#sthash.kzTtYBSE.dpuf](http://www.bulletjournal.com/#sthash.kzTtYBSE.dpuf)

**Instructor:** Suzane Kim, VP, Scholar Mentor Club

**When:** April 15, 2015

**Where:** Hannon Parlor

**Time:** 12pm-1pm

**Other:** Free Prizes!!!

**Sponsored by:** the Scholar Mentor Club & Learning Assistance Programs

**For info contact:**

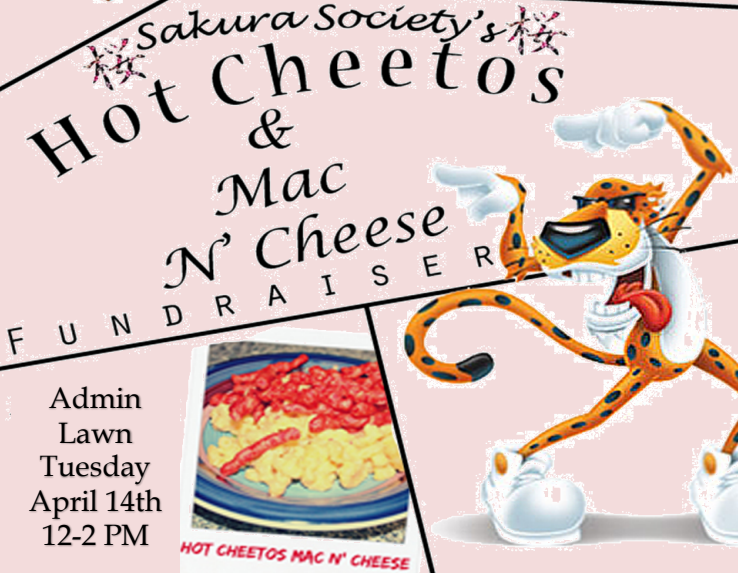
Dr. Daily at [mdaily@msmu.edu](mailto:mdaily@msmu.edu)

Mount Saint Mary's University Music Department presents

## JUNIOR VOICE RECITAL

Rachel Yeo  
Alanah Nicosia

Saturday  
April 18, 5pm  
Mary Chapel



Admin  
Lawn  
Tuesday  
April 14th  
12-2 PM



**Thursday Theater Presents:**

**April 16, 2015**

**Student Lounge**

**12:30pm- 2:30pm**

**4:30pm- 6:30pm**



Sponsored by Student Programming & Commuter Services • #200A  
• (310) 954-4120 • [StudentProgramming@msmu.edu](mailto:StudentProgramming@msmu.edu)



**Learning Assistance Programs/ISAE****H-207-Ext. 4144****LAP Workshop**

RSVP to the final LAP Workshop for this spring semester; *Soul Collage: Trusting Your Inner Wisdom* on Tuesday, April 14<sup>th</sup> from 1:00pm-2:00pm. Sign up through the Learning Center Portal Page.

**ISAE – DON'T RISK DEACTIVATION!!!**

Meet with your ISAE Counselor (Freshmen 3x/sem; Soph. 2x/sem; Jr./Sr. 1x/sem)

Update your Educational Plan (EVERY SEMESTER)

Meet with your Peer Advisor (Freshmen 3x/sem; Soph. 2x/sem; Jr/Sr 1x/sem)

Attend minimum of 2 college sponsored cultural, leadership, educational or volunteer Events/Activities EVERY SEMESTER. Sign "non-ISAE/Learning Center" events in log in ISAE Office for credit.

**Deadlines for ISAE Students to meet with their ISAE Counselor & Peer Advisor for Spring 2015:**

Freshmen –April 27<sup>th</sup>

Sophomores –FINAL DEADLINE HAS PASSED

Juniors & Seniors – April 27<sup>th</sup>

We're looking for the next MSMU *Student Health 101*

**CAMPUS CORRESPONDENT!**

Think you'd like to become a

Mount Saint Mary's University

*Student Health 101* CAMPUS CORRESPONDENT?



Looking to build your résumé?  
Like to produce videos?  
Enjoy meeting new people?  
Want to help your peers?  
Interested in health and wellness?

Open to all Traditional Undergraduates seeking a fun-filled Leadership opportunity! This is NOT a work study position.

Apply for the CAMPUS CORRESPONDENT Internship today!

[www.studenthealth101.com/cc.html](http://www.studenthealth101.com/cc.html)

Student Health 101 is a FREE health and wellness e-magazine brought to you by MSMU Student Health Services. Check out this month's issue by visiting [www.readsh101.com/msmu](http://www.readsh101.com/msmu)

**RSVP****Scholar Mentor Club's**

**Thursday, April 30th @ 6:30pm**

**Tickets \$20**

BUY IT HERE:

<https://commerce.cashnet.com/msmclaem>  
starting April 13 @ 8AM

or

Buy it from E-board on these days!

Monday, April 13, 2015 / Tuesday, April 14, 2015

Monday, April 20, 2015 / Tuesday, April 21, 2015

**Language Placement Test**

**Tuesday, April 14th**

**1:00pm**

**Room H403**

Must sign up on the MSMU Portal  
under Academic Advisement

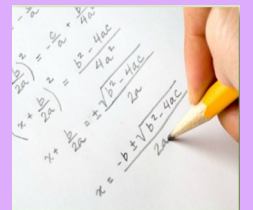
**Language Placement Test**

**Thursday, April 16th**

**9:00am**

**Library 4th fl. Comp Lab**

Must sign up on the MSMU Portal  
under Academic Advisement

**Weekend Events**

**Friday 4/17**

**DREAMWORKS  
HOME**

Now in Theaters!  
Take a break with your friends!



**Saturday 4/18**

Like Italian Food?  
Head out to Fritto Misto  
at Santa Monica near  
The Promenade



**Sunday 4/19**

**Chalon Mass**

**@7pm**



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmu.edu](mailto:athenianweekly@msmu.edu)





# Athenian Weekly



Athenian Promise: I will commit myself to the pursuit of knowledge with personal integrity and academic honesty. (2 out of 6)

Volume 1, Issue No. 33

Monday, April 20, 2015

Published by the Office of Student Affairs

## Seniors... It's Almost Time!! Graduation Tickets



Tickets will be distributed  
Tuesday, April 7<sup>th</sup> – Friday, April 24<sup>th</sup>  
In Humanities 200  
(Student Affairs Office)  
8:00 AM - 4:30 PM

You will receive your eight (8) tickets  
(one for you, seven for guests)

**YOU MUST PRESENT A PHOTO ID  
TO PICK UP YOUR TICKETS!!**

Deadline to pick up tickets is **Friday, April 24th, 2015**

For additional information call  
310. 954. 4130

## Attention Commuters!

Please clear your lockers by

**May 8th, 2015 @ 12:00pm**

All locks will be cut after this time!

We appreciate your cooperation,  
**Student Programming and Commuter Services**

For any questions, you may contact 310-954-4120 or stop by  
H200A

## Campus Security Safety Tips

### **Week Fourteen: Travel and Vacation Safety– Tip 1**

With the end of the semester rapidly approaching, travel and vacation plans are most likely being made or discussed. It's important to think about your safety when traveling and vacationing. Here are some suggestions you can do to keep yourself and belongings safe:

- Before you go, make sure to clean out your wallet or purse; take only essential credit cards.
- Carry your purse close to your body, or wallet in an inside front pocket. Consider wearing a money pouch under your clothes.
- Pack as lightly as possible. Lots of heavy bags will slow you down and make you more vulnerable to getting robbed.
- Expensive, designer luggage can draw unwanted attention to your belongings. Pack your things in inconspicuous bags.
- Carry-on anything you may need or of value i.e., medication, jewelry. Don't display expensive jewelry, cameras, bags and other valuable items.
- Stick to well-lighted, well-travelled streets at all times.
- Always lock your car, and leave valuables out of sight, preferably locked in the trunk.
- Don't leave jewelry, money or other items lying around the hotel room when you go out, even for a short while. Lock them in the room or hotel safes. Do not leave them unattended at poolside or the beach either.
- Make sure rooms are securely locked. Do not leave room keys lying out at the swimming pool.
- You should know who is knocking before you answer the door. If they say they are from the hotel, confirm with the hotel operator that they are in fact from the hotel.
- Always lock the door while in the room.

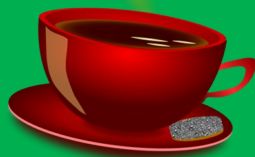
Safety Tips are brought to you by the Dept. of Campus Security.  
Stay Informed, Stay Alive



## Are you already stressing over finals?

*No worries!*

**Come De-Stress  
at TEAstress!**



**When....** Mon. May 4 — Wed. May 6

**Where....** Student Lounge

**What.....** FREE Tea and Snacks!

**Time.....** 1 pm to 3 pm

**All Students Welcome**

*Come relax with us during finals week!*

Sponsored by the Business Office, Campus Security and Student Affairs





# Thursday Theater Presents:

## WALL-E

April 23, 2015

Student Lounge

12:30pm-2:30pm

4:30pm-6:30pm

Sponsored by Student Programming & Commuter Services • H200A

• (310) 954 - 4120 • StudentProgramming@msmu.edu

Mount Saint Mary's University Music Department presents  
Mount Chorus & Singers

## SONGS OF PROTEST AND PRAISE

EQUALITY COURAGE COMMUNITY  
JUSTICE PEACE  
SOLIDARITY EMPOWERMENT  
FAITH PROGRESS

Friday, April 24  
7:30pm Doheny Mansion

Tickets sold at door  
\$5 MSMU community/seniors/children  
\$10 general



Hosts Movie on the Lawn

Amélie

Monday, April 20th  
arrive at 6:30pm

Enjoy a brown paper bag picnic, popcorn, and a movie scavenger hunt with a prize raffle!

**HAPPY EASTER!  
COOKIES!**

Monday, April 20th, 2PM  
Chalon, H105

**SCRIPTURE REFLECTION**

Tuesday, April 21st, 1PM  
Chalon, Haven Park (behind Rossiter)

**MAG HOUSE**

Prayer & Reflection  
Thursday, April 23rd, 9:15PM  
Chalon, Mary Chapel

Join the ladies of Magnificat House for prayer, reflection, and snacks! Led by Sr. Marilyn.

Questions? Contact Campus Ministry!  
campusministry@msmu.edu  
x4125 (Chalon) ||| x2672 (Doheny)

## STRESS Just BAG It!

{CHALON DE-STRESS DAY}

April 28, 2015

12pm - 3pm

ADMIN LAWN &  
HANNON PARLOR



## Relaxing Massage

For a free massage, call Student Health Services (beginning April 20th) to schedule an appointment: 310-954-4110

## Create and Color

Design your own canvas bag.

## Play and Adopt

Animals from West LA Animal Shelter.

## Blow Bubbles

[www.facebook.com/MSMU.CPS](http://www.facebook.com/MSMU.CPS)

[www.facebook.com/MSMUSStudentHealth101](http://www.facebook.com/MSMUSStudentHealth101)

## FREEBIES and more...

BROUGHT TO YOU BY



Like us on  
Facebook

## Pasta for Pizza



**What:** Many college students struggle with buying food. We are collecting non-perishable items (pasta or canned foods) to be placed on the St. Francis table in the Chapel.

**Receive Pizza in exchange!**

**When:** Tuesday, April 21, 2015

**When:** 4-5 pm

**Where:** The Circle

Sponsored by Cristina (Yates RA, x1776) and Campus Ministry



SPCS invites you to...

# COMMUTER APPRECIATION LUAU

Free  
Hawaiian BBQ  
& finals kits!

**TUESDAY, APRIL 21, 2015**  
**12-2PM**  
**ADMINISTRATION LAWN**

Student Programming & Computer Services: 4200A-13101954-4120 studentprogramming@msmu.edu

## Connect with your Roots



Come and meet the CSJ's

**Monday April 20, 2015**  
**12:30pm-2pm**  
**In the CIRCLE**

**Lots of exciting Activities**  
**Plant a Flower**  
**Photobooth**  
**&**  
**Free Snacks**

Brought to you by Pi Theta Mu & Campus Ministry

We're looking for the next MSMU *Student Health 101*

### CAMPUS CORRESPONDENT!

Think you'd like to become a Mount Saint Mary's University

### *Student Health 101* CAMPUS CORRESPONDENT

Looking to build your résumé?  
Like to produce videos?  
Enjoy meeting new people?  
Want to help your peers?  
Interested in health and wellness?

Open to all Traditional Undergraduates seeking a fun-filled Leadership opportunity! This is **NOT** a work study position.

Apply for the **CAMPUS**

**CORRESPONDENT** Internship today!

[www.studenthealth101.com/cc.html](http://www.studenthealth101.com/cc.html)

Student Health 101 is a **FREE** health and wellness e-magazine brought to you by MSMU Student Health Services. Check out this month's issue by visiting [www.readsh101.com/msmu](http://www.readsh101.com/msmu)

# EARTH DAY CELEBRATION

**WEDNESDAY, APRIL 22**  
**11:30 AM-1:00 PM**  
**IN THE CIRCLE**

### DIY Potted Plants

Decorate a pot & take a plant to beautify your room!

### Fruit and Chocolate Tasting

Try new fruits and fair trade chocolate!

### Recycling: This or That?

Learn what to recycle and get a free reusable grocery bag!

Sponsored by Residence Life and Facilities Management

## MOUNT ORCHESTRA/ mozart/

**THURSDAY APRIL 23**  
**THE CIRCLE / 1:00pm**  
**under the direction of**  
**CHET SWIATKOWSKI**



*Scholar Mentor Club presents...*

## Once Upon a Murder

*A Disney-themed Murder Mystery Dinner*

**Thursday, April 30th, 2015**

**6:30 PM**

**Campus Center**

☆ **Special Guests: The Muses Club!** ☆

**OPEN TO ALL STUDENTS,  
STAFF, AND FACULTY**

**Tickets: \$20 per person**

**Buy at any Ticket Sale or Online!**

### *Ticket Sales*

**Monday, April 20, 2015 - Hannon Patio**

**Tuesday, April 21, 2015 - Hannon Patio**

**All Ticket Sales from 10 AM - 1 PM**

**OR PURCHASE TICKETS ONLINE:**

**[HTTPS://COMMERCE.CASHNET.COM/MSMCLAEM](https://commerce.cashnet.com/msmclaem)**  
**(CLICK ON "BROWSE CATALOG")**



Pre-sale Tickets: \$5  
At the Door: \$7  
Buy from any Sakura Society member  
OR  
Contact Suzanne Kim at  
suzakim@mymmsnc.ca.edu

桜会

Sakura Kai's  
1<sup>st</sup> Annual  
Cultural Cafe

Sunday, April 26th, 2015  
4:30 PM - 7:00 PM  
Hannon Parlor

桜

Get a glimpse of Japanese Culture and Language  
with Sakura Society!

## CPS Tip of the Week

### Are you getting enough sleep?!

It's the end of the semester, and there are finals, graduation, papers to write, meetings to go to, projects to finish and people to spend time with! **Whew!** That's a lot! And when we are feeling stressed, overwhelmed, or just extra busy, sleep is often one of the first things to go out the window! Don't let this happen to you!

Research has shown that getting the recommended 7-9 hours of sleep per night can lead to:

- ⇒ A boost in your mood
- ⇒ Improved memory
- ⇒ Improved grades
- ⇒ Better relationships, and **LOWER STRESS!**



If you're struggling with getting enough sleep, try a few of these suggestions:

Create a healthy sleep schedule.  
Get to bed at a fixed time each day.  
Allow time to relax.  
Stop studying 30 minutes before going to sleep.

Create a peaceful place to sleep to avoid being disturbed.

Avoid alcohol, nicotine, and caffeine before bed, as they disrupt falling and staying asleep.



Doheny Office (213) 477-2668, McIntyre, 1st Floor  
Chalon Office (310) 954-4114, Humanities, 1st Floor

Like us on Facebook



WELLNESS...  
THE MOUNT WAY!

**KAPPA DELTA CHI**

EST. 1954

**Shakey's**  
PIZZA PARLOR

**APRIL 21 6-9 PM**  
7001 SANTA MONICA BLVD.  
HOLLYWOOD, CA 90038

## Denim Week



Sponsored by Theta Alpha Sigma

**Monday, April 20**

What is Denim Day?

**11:30am-1:00pm the Circle**

**Tuesday, April 21**

Pledge to end the violence  
with Counseling and Psychological Services

**12:00pm-2:00pm the Circle**

**Wednesday, April 22**

Care packages  
Donate toiletries and undergarments

**11:30am-1:00pm Admin Lawn**

**Thursday, April 23**

Denim Day at the Mount  
with a guest speaker from Peace Over Violence  
Don't forget to wear denim!

**12:00pm-2:00pm Admin Lawn**

## Weekend Events

**Friday 4/24**

Join us at the  
**Athenian Café**

4:00 PM—5:30 PM



**Saturday 4/25**

Enjoy a relaxing day at  
**Getty Museum Garden**

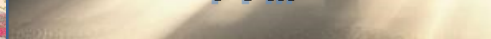
Open From 10 AM- 9PM



**Sunday 4/26**

**Mass @ Mary Chapel**

**7 PM**



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: athenianweekly@msmu.edu





# Athenian Weekly



Athenian Promise: I will respect the sanctity of the learning environment and avoid disruptive and deceitful behavior toward other members of the college community. (3 out of 6)

Volume 1, Issue No. 33

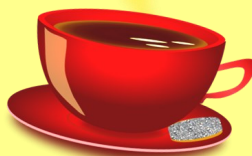
Monday, April 27, 2015

Published by the Office of Student Affairs

Are you already stressing over finals?

*No worries!*

**Come De-Stress  
at TEAstress!**



When....Mon. May 4 — Wed. May 6

Where....Student Lounge

What.....FREE Tea and Snacks

Time.....1 pm to 3 pm

**All Students Welcome**

*Come relax with us during finals week!*

Sponsored by the Business Office, Campus Security and Student Affairs

## Campus Security Safety Tips

### Week Fifteen: Travel or Vacation Safety— Tip 2



Going out of town this summer? Here are some suggestions to safeguard your home while you are away.

- Make sure all windows and doors are locked.
- Have timed lights, radio or television that will turn on while you are away to support the illusion that someone is home.
- Ask a friend or family member to go by your home and make periodic checks. You may want to ask them to house sit, by staying in your home while you are away.
- Install an alarm system that will be monitored by an alarm company. They can monitor 24/7 and send local law enforcement to your home if the alarm is activated.
- If you plan to travel for a long period of time, get a temporary P.O. Box at the Post Office, UPS store or local mail center. That way your mail won't pile up and thieves won't find out that no one is home.
- Plan to receive all deliveries before you leave. Unattended items are a welcome sign to thieves looking to take packages or break into homes.

*Have a fun and safe summer break!*

*Safety Tips are brought to you by the Dept. of Campus Security.  
Stay Informed, Stay Alive.*

Join us for our final Spring 2015 Career Meet-up

## Building you Professional Brand

In this meet-up, you'll learn:

- ♦ What is a Professional Brand
- ♦ The Value of Standing Out: How a strong professional brand can propel you into your post-college career
- ♦ Women and Branding
- ♦ And... What I wish I knew when I was in College!



**Speaker:**

**FARRAH VAZQUEZ**

**Senior Regional  
Associate at  
Advancing Women  
Executives**

**Tuesday, April 28,  
2015**

**1-2 p.m.**

**Chalon, Humanities**

Mount  
Saint Mary's  
University  
Career Services  
& Internships

*"I am a strategic, bold professional and articulate communicator with a passion for social justice and gender equality. I consistently deliver results beyond expectation and love to laugh."*

Thursday Theater Presents:

# HIGH SCHOOL MUSICAL 2



**April 30, 2015**

**12:30pm-2:30pm**

**Student Lounge**

**4:30pm- 6:30pm**





## CPS Tip of the Week

### Ways to Study for a Test



Method 1: Have a Successful Routine	Method 2: Studying Effectively	Method 3: Reducing Test Anxiety
<ol style="list-style-type: none"> <li>1. Make a study schedule.</li> <li>2. Start as soon as possible.</li> <li>3. Get some sleep.</li> <li>4. Make time for breakfast.</li> <li>5. Avoid the last minute cram session.</li> <li>6. Review right after waking &amp; just before bed.</li> </ol>	<ol style="list-style-type: none"> <li>1. Assemble a study group.</li> <li>2. Choose a few different places to study.</li> <li>3. Take breaks during your study time (5-10 min).</li> <li>4. Go for power foods (all things high in Omega-3s such as fish, nuts, &amp; olive oil).</li> <li>5. Make it fun (use colors, notecards, Quiz yourself/ others, create stories to remember).</li> <li>6. Separate the content (Use highlighters to separate larger concepts from the finer details).</li> </ol>	<ol style="list-style-type: none"> <li>1. Take a pre-test.</li> <li>2. Review that morning (if it calms your nerves).</li> <li>3. Get in the zone before class (meditate, breathe, and listen to classical music).</li> <li>4. Show up early.</li> <li>5. Do the easy questions first (Move on to what you do know. Then you can hit the hard stuff head on).</li> </ol>



Doheny Office (213) 477-2668, McIntyre, 1st Floor  
Chalon Office (310) 954-4114, Humanities, 1st Floor



Like us on Facebook



## News from the Business Office

Congratulations to all Athenian seniors who are wrapping up their time at the Mount! We wish you the best in all your future endeavors.

To those of you who will be returning in the fall – don't forget your **CLEARANCE DEADLINE IS JUNE 10!** If you owe a balance for fall, pay in full or sign up for a payment plan on CASHNet before that date to keep your account clear.

The Health Insurance Waiver Link will be available soon. Keep an eye on your MSMU email for alerts about availability and deadlines!

The Business Office will be open regular business hours throughout the entire summer, so if you have any questions feel free to call or visit us!

Enjoy your break – have some fun in the sun and we'll see you soon!



## STRESS Just BAG It!

{CHALON DE-STRESS DAY}

April 28, 2015

12pm - 3pm

ADMIN LAWN &  
HANNON PARLOR

### Relaxing Massage

For a free massage, call Student Health Services (beginning April 20th) to schedule an appointment: 310-954-4110

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Design your own canvas bag.

### Play and Adopt

Animals from West LA Animal Shelter.

### Blow Bubbles

[www.facebook.com/MSMU.CPS](http://www.facebook.com/MSMU.CPS)

[www.facebook.com/MSMUSStudentHealth101](http://www.facebook.com/MSMUSStudentHealth101)

## FREEBIES and more...

BROUGHT TO YOU BY:



## 10 Tips to De-Stress

L E G P S Q Y W Z S I H S K Z  
J A T A B P X L T U N C D Q T  
D C U A E S I C R E X E N H H  
K P W G T D A E R J H A E U V  
H E U N H I S N V T B G I R M  
C P Q T Z L D W A B A U R W B  
G R Y E E D L E S G N P F Q E  
J H I E I R R O M W R I T E M  
O G P E K B C Z U Y N I O G S  
N T R Y X I T H S H I E E G W  
V W V N A R Z P I D K L K K V  
Q Q L L T Y S I C B O T Y A I  
P G I Z G W O Y V O F Z Z S N  
H Z V G U V E K X G Z X S X B  
E Z D D B Z E Y Y W L T E M P



Breathe Friends Meditate Read Socialize  
Exercise Laugh Music Sleep Write



We're looking for the next MSMU *Student Health 101*

## CAMPUS CORRESPONDENT!



Think you'd like to become a  
Mount Saint Mary's University

### Student Health 101 CAMPUS CORRESPONDENT?

Looking to build your résumé?  
Like to produce videos?  
Enjoy meeting new people?  
Want to help your peers?  
Interested in health and wellness?

Open to all Traditional Undergraduates seeking a fun-filled  
Leadership opportunity! This is NOT a work study position.

Apply for the CAMPUS CORRESPONDENT Internship today!  
[www.studenthealth101.com/cc.html](http://www.studenthealth101.com/cc.html)

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brought to you by MSMU  
Student Health Services. Check  
out this month's issue by visiting  
[www.readsh101.com/msmu](http://www.readsh101.com/msmu)



## Attention Commuters!

The deadline to empty out your lockers is

May 8, 2015 by 12:00pm

Hope You had a fantastic school  
year!

Good Luck on Finals!

Student Programming and Commuter Services

For any questions, please contact 310-954-4120  
or stop by H200A



10 tips  
to De-Stress

Solution:



L	E	G	P	S	Q	Y	W	Z	S	I	H	S	K	Z
J	A	T	A	B	P	X	L	T	U	N	C	D	Q	T
D	C	U	A	E	S	I	C	R	E	X	E	N	H	H
K	P	W	G	T	D	A	E	R	J	H	A	E	U	V
H	E	U	N	H	I	S	N	V	T	B	G	I	R	M
C	P	Q	T	Z	L	D	W	A	B	A	U	R	W	B
G	R	Y	E	E	D	L	E	S	G	N	P	F	Q	E
J	H	I	E	I	R	R	O	M	W	R	I	T	E	M
O	G	P	E	K	B	C	Z	U	Y	N	I	O	G	S
N	T	R	Y	X	I	T	H	S	H	I	E	E	G	W
V	W	V	N	A	R	Z	P	I	D	K	L	K	K	V
Q	Q	L	L	T	Y	S	I	C	B	O	T	Y	A	I
P	G	I	Z	G	W	O	Y	V	O	F	Z	Z	S	N
H	Z	V	G	U	V	E	K	X	G	Z	X	S	X	B
E	Z	D	D	B	Z	E	Y	Y	W	L	T	E	M	P

## SNACK BAR

Hey Commuters!  
Need fuel for finals?

**WHEN:** 4/28—30, & 5/4—5

**WHERE:** Admin. Lawn

**TIME:** 9AM — 11 am & 1PM—3PM

Sponsored by Student Programming & Commuter Services • H200A •  
(310) 954-4120 • [StudentProgramming@msmu.edu](mailto:StudentProgramming@msmu.edu)



Be Proud,

Be Happy,

And enjoy the last  
days of Spring 2015!







## Congratulations to all the student leaders recognized at the 2014-2015 Athenian Awards!



### Inter-Club Council Awards

**Organization of the Year**  
Associated Student Body

**Most Collaborative Program**

*Scholar Mentor Fair*

Scholar Mentor Club

In collaboration with the

California Nursing

Student Association, Alpha Tau

Delta, WISH, Pi Gamma Mu,

Kappa Delta Chi, & Pi Theta Mu

**Most Original Program**

Tutorpalooza

*Scholar Mentor Club*

**Most Creative Publicity**

California Nursing

Student Association

**Faculty of the Year**

**Dr. Sylvine Deprele**

**Staff of the Year**

**Lisa Villa**

*Please pick-up your awards at the  
Women's Leadership office  
by Finals Week!*

Amy Fistonich  
Ahna Tillmanns  
Aimee Reyes  
Alexandra Perez  
Alexis Domingo  
Alissa Mata  
Allison Mayol  
Allyson Uy  
Amanda Bituin  
Amber Rodriguez  
Ana Hernandez  
Anais Maseda  
Andrea Beltran  
Andrea Casteneda  
Andrea Perez  
Andrea Sierra  
Angela Caigoy  
Evangeline Juarez  
Angelica Sandoval  
Anna Tillmanns  
Apolrose Manzano  
Audrey Nicole Soriano  
Barbara Escobar  
Beleysbell Romero  
Bernadette Roberts  
Beverly Flores  
Bianca Silva  
Blanca Delgado  
Blanca Duenas  
Blean Girma  
Brenda Valenzuela  
Briana Limeta  
Calah Hardin  
Cecilia Boveda  
Cecilia Pimentel  
Christina Ramirez  
Christine Ubay-Ubay  
Cindy De Leon - Torres  
Cynthia Martin  
Clarissa Alvarez  
Cristina Aloha Cabalquinto  
Cristina Lopez  
Cristina Salcedo  
Crystal Haro-Sanchez  
Dalia Maldonado  
Dana-Rae Gipson  
Daniela Boveda  
DeAnna Consiglio  
Deisy Coral  
Desarey Morales  
Destanee Guevara

Diana Hernandez  
Dianne Nalapo  
Ebenzer Alvarado  
Edith Landeros  
Edward Vargas  
Elise Hukom  
Ellerie Vaughn  
E'Miya James-Herndon  
Erica Cisneros  
Erin Paulin  
Ervin De Guzman  
Esmeralda Escamilla  
Esmeralda Escarzaga  
Estefani Alarcon  
Francesca Diaz  
Francis Salandanan  
Genna Louise Amado  
Georgiana Hita  
Giselle Sipaque  
Haley Williams  
Harmoni Morales  
Helen Brennan  
Hellen Alvarez  
Helouise Garcia  
Hoang Nguyen  
Ileana Puentes  
Ilse Garcia  
Ilse Lammas-Medina  
Ines Vera  
Ingrid Cruz  
Irene Enerio  
Jamila Valiente  
Janelle Meza  
Janine Isidro  
Jasmine Scales  
Jasmine Vargas  
Jazmin Sanchez  
Jeannica Tan  
Jennifer Gutierrez  
Jennifer Lopez  
Jenny Nguyen  
Jenny Sahagun  
Jenny Sanchez  
Jerica Luce  
Jessica Acosta  
Jessica Farrell  
Jessica Flores  
Jessica Villanueva  
Jill Leus  
Joelle Balthazar  
Joy Caday

Judith Ontiveros  
Julia Vanella  
Karen Frittschi  
Karla Ballesteros  
Katherine Aguilar  
Katherine Guzman  
Katherine Park  
Katia Camacho  
Katrina Tayo  
Kayla Taylor  
Kelly Hernandez  
Kelsey Horrigan  
Khirsty Randles  
Kimber Slater  
Kimberly Moreno  
Kimberly Quitzon  
Kirsten Puga  
Kristi Samoya  
Kristina Daniella  
Kristina Torres  
Kriztel Agpoon  
Lance Aldrich  
Lance Capisanan  
Lesley Cipres  
Liliana Rojas  
Lizbeth Hernandez  
Lluvia Velasco  
Makayla Martin-Diaz  
Maor Swisa  
Mara Bactad  
Maria Sandoval  
Marian Martinez  
Marianna Herrera  
Maricela Galvez  
Mariel Santos  
Marisol Delgado  
Maritoni Abanto  
Mary Page Diaz  
Mary Stein  
Maureen Hoffman  
Maylssa Bernas  
Mayra Perea  
Megan Gomez  
Megan Jessome  
Melani Facundo  
Melanie Sava  
Marissa Esparza  
Melissa Lopez  
Melissa Juan  
Melissa Sanchez  
Merlyn Pena

Minji Chung  
Mitzy Barragan  
Mitzuky Orellana  
Monalisse Fortuna  
Monika Wasshausen  
Monique Bracamonte  
Nagela Nanintim  
Nailea Corado  
Paredes  
Nancy Alvarado  
Natalie Corona  
Natalie Merced  
Navarrette  
Natalie Resendiz  
Nery Zelaya  
Nicole Negrette  
Patricia Yam  
Paulina Lerthitwong  
Phoebedel Reyes  
Phylizia Carrillo  
Priscilla Close  
Rae Dimaano  
Raven Vinluan  
Rebeka Garcia  
Rebeka Sandoval  
Richmond Vinluan  
Riki Esquer  
Sandra Juson  
Sandy Chavez  
Sarah Aikman  
Sean Balba  
Sean Howard  
Sofia Flores  
Stephanie Mkhlian  
Stephany Orduna  
Susan Velasco  
Sydney Jones  
Tanya Morales  
Tatiana Acosta  
Teresa Garcia  
Thalia Cordova  
Thien-Hoang Nguyen  
Vanessa Gonzalez  
Vanessa Pompa  
Verenice Grajeda  
Veronica Ochoa  
Whitney Lam  
Yanira Olague  
Yaritza Villa  
Yessenia Penate  
Yessenia Diaz



## Weekend Events



**Friday 5/1**

**Saturday 5/2**

**Sunday 5/3**

**Enjoy your weekend with**



**Visit Larchmont Bungalow  
and try their  
DELICIOUS BREAKFAST!!**



**Get Ready  
for  
Finals Week!**



Submit your activities, events or announcements to the Athenian Weekly and keep the campus informed!

Submissions are due every Wednesday at 12:00 PM for the next week's issue.

E-mail: [athenianweekly@msmu.edu](mailto:athenianweekly@msmu.edu)





# Athenian Weekly



Athenian Promise: "I will support a culture of diversity by respecting the rights of those who differ from me." (4 out of 6)

Volume 1, Issue No. 34

Monday, May 4, 2015

Published by the Office of Student Affairs

## Campus Security Safety Tips Week Sixteen- End of the Semester

Department of Campus Security reminds you to stay safe during the summer break! Remember to have a plan before attending any social events (Graduation Parties, etc.). If you find yourself in uncomfortable situations, play it safe and leave.



## Are you already stressing over finals?

No worries!  
Come De-Stress  
at TEAstress!



When: Mon. May 4 — Wed. May 6

Where: Student Lounge

What: FREE Tea and Snacks

Time: 1 pm to 3 pm

All Students Welcome

*Come relax with us during finals!*

Sponsored by the Business Office, Campus Security and Student Affairs



## Donate things you won't take home!

- ⇒ Gently used clothing
- ⇒ Gently used comforters, blankets, sheets, towels
- ⇒ Unopened nonperishable food items
- ⇒ Small appliances: desk lamps, fans, etc.
- ⇒ Backpacks, book, and school supplies

Collection boxes will be located in various locations throughout the Residence Halls during Finals Week!  
Items will be donated to Campus Ministry

## Resident Appreciation



## Finals Week



Staying up late? Need snacks?

Come and enjoy **FREE SNACKS!**

**Sunday, May 3 to Wednesday, May 6**

**Chalon:** Starting at 10:00 PM in Coffee Bar Area

**Doheny:** Starting 9:30 pm in Hannon 1st Lounge

*\*Until supplies last\**

Sponsored by the Residence Life Office



## Attention Commuters!

Please clear your lockers by

**May 8th, 2015 @ 12:00pm**



All locks will be cut after this time!

We appreciate your cooperation,  
Student Programming & Commuter Services

For any questions, you may contact  
(310)-954-4120 or stop by H200A





# Steps to Check-Out:

**Step 1:** Thoroughly clean your room and remove all of your belongings from your room

**Step 2:** Complete the steps indicated on the Hall Closing Check-out sheet given to you at the Floor Meeting

**Step 3:** Turn in your room keys and check out

Residents (unless you are approved to stay in the halls past 4:00 pm on Friday, May 8) must check out of the residence halls during the following times:

8:00 am to 9:00 pm, Monday, May 4 to Thursday, May 7

8:00 am to 4:00 pm, Friday, May 8

## CPS Tip of the Week

### STRESSING OVER FINAL EXAMS?

Follow these tips to reduce stress and pass those finals!

- (1) Eat nutritious foods while you are studying – especially right before your exam.
- (2) Get the sleep you need and watch your caffeine intake; too much can disrupt your sleep and cause you to lose concentration.
- (3) Make lists- Organize and prioritize what you need to study.
- (4) Think positive thoughts and have faith in your abilities. Tell yourself “you’ve got this!”
- (5) Take deep breaths and relax before you begin the exam and throughout the exam. If you are calm, your mind will be able to recall and focus on the material you have learned.

We hope you have had a great year at MSMU and have been able to participate in some of the services of Counseling and Psychological Services, such as Individual counseling, De-Stress Day, Depression Screening, and Eggstravaganza. We wish you success on your finals and a fun, relaxing summer!



Doheny Office (213) 477-2668, McIntyre, 1st Floor  
Chalon Office (310) 954-4114, Humanities, 1st Floor



Like us on Facebook



WELLNESS....  
THE MOUNT WAY!



## Got Office 365 ?

Now all students have a new Office 365 email account using @msmu.edu.

Log in at <https://portal.office.com>. It's the same account name, same password, but many more new features.

What this means is that your @mysmc.la.edu Gmail accounts are going away!

You have until August 1, 2015 to move any important email messages from your Gmail to your new Office 365 email account. Don't miss out on all the great options now available to you, including the ability to download Office 365 software to your personal computer.

Be sure to share this new email address with your friends and subscriptions. Stop by the Media Center at either campus if you have questions.

Your OIT Team

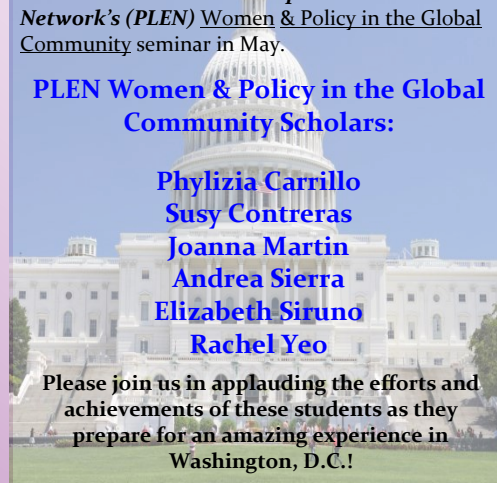
Dear Mount Community,

It is with great pleasure that we announce the names of Mount students who have been chosen to attend the *Public Leadership Education Network's (PLEN) Women & Policy in the Global Community* seminar in May.

### PLEN Women & Policy in the Global Community Scholars:

Phylizia Carrillo  
Susy Contreras  
Joanna Martin  
Andrea Sierra  
Elizabeth Siruno  
Rachel Yeo

Please join us in applauding the efforts and achievements of these students as they prepare for an amazing experience in Washington, D.C.!



## Weekend Events

Friday 5/8

Saturday 5/9

Sunday 5/10

Enjoy your

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Athenians!

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